

The  
Baking  
Soda  
COOKBOOK

*Sally Raytus*



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## The Baking Soda Cookbook

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## A Few Words

I was like most people. Baking soda was part of life's background music. It had its place – in the refrigerator mostly – but then it started turning up everywhere. Suddenly, baking soda was the latest fad in the cavity wars. I was skeptical, remembering when we would run out of toothpaste and my mother would make us brush with baking soda straight from the box. It tasted awful. Mom would insist, however, that it would do the job. I guess she was right. I'm told that baking soda toothpastes are the hottest thing in dental care.

I picked up a tube as soon as I was armed with a coupon, and to make the story mercifully short, I liked it. This got me thinking about how baking soda is promoted for everything *except* baking. I couldn't read a magazine without running across some little blurb about cleaning my sink, or toilet, or feet with baking soda. Somehow, the baking soda in my cookies could also soothe my sore throat, treat my bee sting, and clean my bathroom grout. But if baking soda is such a cheap, sure-fire, all-purpose product, why doesn't *everybody* use it? And, above all, why isn't baking soda used more often for baking, instead of the definitely more expensive baking powder?

The answer is simple – convenience. Although baking soda is physically, physiologically, and environmentally safe, we instead turn to the latest witches brew of chemicals to get the job done as quickly as possible. We use cleaners pumped with solvents, detergents, abrasives, and bleaches to make cleaning virtually effortless. We think nothing of treating our slightest discomfort with costly creams and potions.

It really goes beyond mere convenience. In the intense competition for our attention, the producers of these convenience items are compelled to perpetually develop the next new and improved product to top the last. Why? Because we consumers, with great predictability, respond in cash to claims of "new and improved", and trade our dollars for a shifting blend of convenience, effectiveness, and promises. How can baking soda, a single, simple, naturally derived chemical possibly compete? As it turns out, this is perhaps the best kept of baking soda's secrets – it works. Baking soda is not new, it can hardly be improved, and it sometimes requires a little bother to use. It does, nevertheless, do the job.

Baking powder may have been one of the first conveniences offered to the housewife. Although she was accustomed to using baking soda quite successfully, some enterprising souls decided she needed a prepared blend of baking soda and baking acid, with a little cornstarch thrown in for good measure. She was sufficiently savvy, however, to know that any acid ingredient of *her* choosing would be effective in coaxing

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the baking soda to release its carbon dioxide gas. Why did she need some company selling her *their* combination of ingredients, and at a premium price? Moreover, the first successful baking powders, in the 1860s, contained a baking acid she had never heard of – a chemical called monocalcium phosphate. Why did she need *that*? Baking powder was slow to catch on, but with constant promotion it eventually did. Convenience prevailed.

I checked my cookbook collection and was not surprised to find that baking soda is only rarely used as the sole leaven. It is sometimes used *with* baking powder to improve the latter's performance, and it's used in cookies, although more for texture than leavening. Before baking powder, baking soda was the only game in town for yeast-free baking, so where were the baking soda recipes? Someone, somewhere, must have passed the baking soda recipes through the generations. Someone must still practice the art of baking soda baking. I had a mission.

I put out the call to friends, relatives, and acquaintances. I needed those secret baking soda recipes. The ones that aren't found in today's cookbooks, but that I hoped were hiding in handwritten family recipe books.

It took a bit of cajoling, and even whining in some cases, but the recipes started to come in. This was good old-fashioned pure and simple scratch baking - recipes using baking soda together with naturally acidic ingredients like buttermilk, molasses, chocolate, fruit juice, yogurt, sour cream, or cream of tartar. There were even some surprises (salmon loaf?). The **BAKING SODA Cookbook** contains many recipes that may be impossible to find elsewhere.

All the best.

*S ally*

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## The BAKING SODA Cookbook

I haven't found baking with baking soda any more or less difficult than baking in general. Gas ovens are different from electric ovens; baking times are approximate; substitute ingredients *can* make a difference. As to the last point, an explanation of the way I have simplified certain ingredient descriptions is in order. "Butter" and "margarine" mean the real McCoy. Light, whipped, soft, or reduced fat varieties will not provide the same results. They are all diluted with water and emulsifiers. "Shortening" means solid vegetable shortening. Some of the following recipes call for butter flavor shortening. Creamed butter should work as well. "Oil" means any common cooking oil, although I'm partial to corn and canola. "Flour" means all-purpose flour, bleached or not, unless otherwise specified. I prefer unbleached. "Buttermilk" refers to the full-fat variety. There is at least one good dehydrated cultured buttermilk powder available that I know of. If mixed according to directions, it does a good job.

After trying some of these recipes, you may want to dig into your favorite cookbook and try substituting baking soda for baking powder. Each of the following are equal to 2 teaspoons of baking powder.

- (1.) 1/2 tsp. baking soda + 1 1/4 tsp. cream of tartar
- (2.) 1/2 tsp. baking soda + 1 tbs. lemon juice or white vinegar
- (3.) 1/2 tsp. baking soda + 1 c. molasses
- (4.) 1/2 tsp. baking soda + 1 c. buttermilk
- (5.) 1/2 tsp. baking soda + 1 c. sour milk
- (6.) 1/2 tsp. baking soda + 1 c. yogurt

Since this is *my* cookbook, I'm also going to provide on the next page, where you can actually find it, the type of useful information that usually gets buried in the back of cookbooks.

Bake bountifully.

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## THE BAKING SODA COOKBOOK • 2

### Equivalent Measures

pinch	less than 1/8 tsp.
60 drops	1 tsp.
3 tsp.	1 tbs.
2 tbs.	1 fl. oz.
4 tbs.	1/4 c.
5 tbs. + 1 tsp.	1/3 c.
16 tbs.	1 c.
1 c.	8 fl. oz.
2 c.	1 pint
4 quarts	1 gallon
2 dry pints	1 dry quart
8 dry quarts	1 peck
4 pecks	1 bushel

### Substitutions

1c. whole milk water;	1/2 c. evap. milk + 1/2 c. butter
1 c. buttermilk	1 c. skim milk + 2 1/2 tsp. butter
1 c. cream butter;	1 c. yogurt; 1 c. sour milk; 1 c. sweet milk +1 tbs. lemon juice or vinegar
1 c. sour cream	7/8 c. buttermilk + 3 tbs. butter
1 c. sifted cake flour	7/8 c. yogurt + 3 tbs. butter
1 tbs. flour (to thicken sauce)	1 tbs. lemon juice + evap. milk to make 1 cup
1 oz. unsw. chocolate	1 cup minus 2 tbs. sifted all-purpose flour
1 2/3 oz. semisweet choc.	1 1/2 tsp. cornstarch; 1 1/2 tsp. arrowroot; 1 tbs. quick tapioca
1 pk. (1/4oz.) dry yeast	3 tbs. cocoa + 1 tbs. shrtning; 3 tbs. carob powdr + 2 tbs. water
1 c. honey	1 oz. unsw. chocolate + 4 tsp. sugar
1 tbs. granulatd sugar	1 yeast cake (3/5oz.)
1 c. granulated sugar	1 1/4 c. sugar + 1/4 c. liquid
	1 tbs. maple sugar
	1 3/4 c. confec. sugar

### Conversions

3-4 eggs	1 c.
8-10 egg whites	1 c.
12-14 egg yolks	1 c.

1 egg yolk	2 tbs.
1 lb. confectioners' sugar	3 1/2 c.
1 lb. granulated sugar	2 c.
1 lb. brown sugar	2 1/2 c. packed
1 lb. honey, molasses, syrup	1 1/3 cups
1 lb. vegetable shortening	2 1/2 cups
1 lb. cocoa	4 c.
1 oz. unsw. chocolate	1 square
6 oz. pk. chocolate chips	1 c.
1 lb. all-purpose flour	4 c. sifted
1 lb. cake flour	about 5 c. sifted
1 lb. whole wheat flour	3 1/2 c. sifted
1 lb. cornmeal	3 c.
1 lb. water	2 c.
1 c. heavy cream	2 c. whipped
1/2 pint cream	1 c.
1 lb. nonfat dry milk	5 quarts liquid skim
13 oz. can evap. milk	1 2/3 c.
1 quart milk	4 c.
1 lb. butter	2 c. (4 sticks)
3 oz. cream cheese	6 tbs.
8 oz. cream cheese	1 c.
1 lb. cottage cheese	2 c.
1 lb. cheese	4 to 5 c. shredded
juice, 1 medium lemon	2 to 3 tbs.
juice, 1 medium orange	about 1/3 c.
grated rind, medium orange	1 tbs.
1 apple	1 c. sliced
1 lb. apples	3 c. pared and sliced
1 lb. bananas (3-4)	1 3/4 c. mashed
1 lb. cherries	2 c. pitted
1 lb. cranberries	2 c.
1 lb. grapes	2 1/2 c. seeded
1 lb. raisins	2 1/2 c.
1 lb. cut candied fruit	3 c.
1 lb. finely cut dates	1 1/2 c.
1/4 lb. chopped nuts	about 1 c.
1 lb. walnuts in shell	about 1 1/2 c. chopped
1 lb. pecans in shell	2 c. chopped
1 lb. almonds in shell	1 1/4 c. shelled

♥♥♥♥ **MUFFINS** ♥♥♥♥

What can be better for breakfast or snacks than a muffin? I like mine split and lightly toasted, then dressed with whipped butter. Here is a sampling you're guaranteed to love. All cooking times are approximate, based on 2½ inch muffin cups 2/3 to 3/4 filled with batter. A cake tester is your best friend.

**CRANBERRY APPLE MUFFINS**

- 1 c. all-purpose flour
- 1/2 c. whole wheat flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 2 lg. eggs
- 3/4 c. dark brown sugar
- 1/4 c. oil
- 1 tsp. vanilla
- 3/4 c. diced cranberries
- 3/4 c. diced apples

Preheat oven to 350 degrees; grease muffin cups. Combine flours, baking soda, cinnamon, and salt. In a separate bowl, whisk together the eggs and sugar. Add oil and vanilla. Stir in fruits and 1/2 cup walnuts, if desired. Fold in dry ingredients mixing until just moistened. Spoon into prepared cups. Bake 25 to 30 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

**ORANGE BRAN MUFFINS**

- 2 1/2 c. all-purpose flour
- 1 tsp. salt
- 3 tsp. baking soda
- 3 c. raisin bran cereal
- 1/2 c. sugar
- 1 tsp. cinnamon
- 1 1/2 tbsp. grated orange rind
- 2 c. plain yogurt or buttermilk
- 2 eggs, beaten
- 1/2 c. cooking oil

Preheat oven to 375 degrees; grease muffin cups. Combine flour, salt and baking soda. Add the cereal, sugar, cinnamon and orange rind. Mix well. Briefly, but thoroughly mix in yogurt or buttermilk, beaten eggs and cooking oil. Spoon into prepared cups. Bake 20 to 25 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### POPPY SEED MUFFINS

2 c. all purpose flour  
1/4 c. poppy seeds  
1/2 tsp. salt  
1/4 tsp. baking soda  
1 c. granulated sugar  
1/2 c. butter or margarine, softened  
2 eggs  
3/4 c. dairy sour cream  
1 tsp. vanilla

Preheat oven to 375 degrees; grease muffin cups. Stir together flour, poppy seeds, salt and baking soda. In a large bowl, beat sugar and butter with electric mixer for 2 minutes. Beat in eggs, one at a time, until blended; beat in sour cream and vanilla. Gradually beat in flour mixture until well combined. Spoon into prepared cups. Bake 15 to 20 minutes, or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### PUMPKIN STREUSEL MUFFINS

2 1/2 c. flour  
2 c. sugar  
2 tsp. cinnamon  
1/2 tsp. ginger  
1/2 tsp. nutmeg  
1 tsp. baking soda  
1/2 tsp. salt  
2 eggs, lightly beaten  
1 c. canned pumpkin  
1/2 c. oil  
2 c. finely chopped peeled apples

#### STREUSEL TOPPING:

2 tbsp. flour  
1/4 c. sugar  
1/2 tsp. cinnamon  
4 tsp. butter

Preheat oven to 350 degrees; grease muffin cups. Combine dry ingredients. In medium bowl, combine eggs, pumpkin and oil. Add liquid ingredients to dry ingredients; stir just until moistened. Stir in apples. Spoon into prepared cups. For streusel topping: Combine first 3 ingredients. Cut in butter until mixture is crumbly. Sprinkle topping over muffins. Bake for 35 to 40 minutes, or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### MOLASSES SPICE MUFFINS

2 c. sifted flour  
1 tsp. baking soda  
1/2 tsp. salt  
1/2 tsp. ground cinnamon  
1/2 tsp. ground ginger  
1/8 tsp. ground cloves  
1/8 tsp. ground allspice  
1/8 tsp. ground nutmeg  
1/2 c. shortening  
1/2 c. sugar  
2 eggs  
1/2 c. molasses  
1/2 c. buttermilk  
1/s c. raisins

Preheat oven to 350 degrees; grease muffin cups. Sift together dry ingredients. Cream shortening and sugar until fluffy. Add eggs, beat well. Blend in molasses and buttermilk. Add dry ingredients, stirring just enough to moisten. Stir in raisins. Spoon into prepared cups. Bake for about 20 minutes, or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### CRANBERRY DESSERT MUFFINS

1 c. sugar  
1 tsp. salt  
2 c. flour  
2 tsp. baking soda  
3 tbsp. melted butter  
1/2 c. water  
1/2 c. canned milk  
3 c. raw cranberries

#### SAUCE:

1 c. sugar  
1/4 c. butter  
1/2 c. canned milk  
1 tsp. vanilla

Preheat oven to 375 degrees; grease muffin cups. Combine dry ingredients. In a separate bowl, combine the water, milk and melted butter. Stir the liquids into the dry ingredients; fold in the cranberries. Spoon into prepared cups. Bake 25 to 30 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack. Serve warm with sauce. Sauce: Combine all ingredients and heat with stirring just to boiling.

### RASPBERRY MUFFINS

1 1/2 c. flour  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 1/2 tsp. ground cinnamon  
1 c. sugar  
1 (12 oz.) pkg. frozen unsweetened raspberries, thawed  
2 eggs, beaten  
2/3 c. vegetable oil  
1/2 c. chopped pecans

Preheat oven to 400 degrees; grease muffin cups. Combine dry ingredients. In a separate bowl, combine undrained raspberries, eggs and oil. Stir the liquids into the dry ingredients; fold in the pecans. Spoon into prepared cups. Bake about 15 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### ORANGE BRUNCH MUFFINS

1/2 c. butter, softened  
1 c. sugar  
3/4 c. sour cream  
2 c. sifted flour  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. grated orange peel  
1/2 c. raisins  
1/2 c. chopped pecans

#### GLAZE:

1 c. brown sugar  
1 c. orange juice

Preheat oven to 375 degrees; grease muffin cups. Cream together butter and sugar until smooth. In separate bowl combine flour, baking soda and salt. Add sour cream to butter-sugar mixture alternately with dry ingredients, stirring just until mixed. Add nuts, raisins, orange peel. Batter will be thick. Spoon into prepared cups. Bake 20 to 25 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; dip them into glaze and finish cooling on rack. Glaze: Boil brown sugar and juice for 2-5 minutes

### SHO - FLY MUFFINS

1/2 c. butter or margarine  
2 c. unbleached flour  
1 c. dark brown sugar  
1 c. boiling water  
1/2 c. molasses  
1 tsp. baking soda

Preheat oven to 425 degrees; grease muffin cups. Mix butter, flour and brown sugar until they become fine crumbs. Reserve 3/4 cups of this mixture for topping. In a separate bowl, mix boiling water, molasses and baking soda; mixture will foam. Add dry mixture to liquids. Mix until blended. Batter will be thin. Spoon into prepared cups and sprinkle with 1 tablespoon dry crumbs on top. Bake about 15 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### FRUITY FIBER MUFFINS

2 c. flour  
2 c. shredded carrots  
1 1/4 c. sugar  
1 c. shredded zucchini  
1 apple, grated  
3/4 c. golden raisins  
3/4 c. coconut  
1/2 c. chopped pecans  
1 tbsp. cinnamon  
2 tsp. baking soda  
1 1/4 tsp. grated orange peel  
1 tsp. vanilla  
1/2 tsp. salt  
3 lg. eggs  
1 c. peanut oil

Preheat oven to 375 degrees; grease muffin cups. Combine all ingredients except eggs and oil. Beat eggs and oil in separate large bowl to blend well. Stir in dry ingredients. Spoon into prepared cups. Bake 20 to 25 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### **BANANA NUT FRUIT MUFFINS**

1 c. sugar  
2 eggs  
1 c. mashed ripe banana  
1 tsp. vanilla  
1/2 c. butter or margarine, melted  
1 1/2 c. sifted flour  
1 tsp. baking soda  
1/2 c. chopped pecans  
1/2 c. seedless dark raisins  
1/2 c. flaked coconut

Preheat oven to 400 degrees; grease muffin cups. In a large bowl, beat together sugar, eggs, bananas and vanilla until smooth. Add melted butter or margarine; beat well. Combine flour and baking soda, and add to liquids. Beat until smooth. Stir in nuts, raisins and coconut. Spoon into prepared cups. Bake about 20 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### **JELLY MUFFINS**

1 1/2 c. unsifted flour  
3 tbsp. sugar  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 c. buttermilk  
3 tbsp. butter or margarine, melted  
jelly

Preheat oven to 375 degrees; grease muffin cups. Combine flour, sugar, baking soda and salt. Add buttermilk and melted margarine. Stir just until dry ingredients are moistened. Fill prepared cups 1/3 full. Place 1 tbsp. jelly in the center of each. Then fill cups about 2/3 full with remaining batter. Bake 25 minutes. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

**BREAKFAST MUFFINS**

1 c. low fat yogurt  
4 egg whites, lightly beaten  
7 tbsp. orange juice concentrate  
1 c. plumped raisins  
1 c. rolled oats  
1 c. flour  
1 tsp. ground cinnamon  
1 tsp. baking soda

Preheat oven to 375 degrees; grease muffin cups. Combine first 5 ingredients in medium bowl and set aside to soak for 10 minutes. Combine flour, cinnamon and baking soda in a small bowl, then add to liquid mixture. Mix until combined. Spoon into prepared cups. Bake about 20 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack. Top with cocoa crunch (below).

*COCOA CRUNCH TOPPING*

2 tbsp. butter or margarine  
4 tbsp. cocoa  
1/2 c. packed light brown sugar  
1/2 c. chopped nuts  
4 tbsp. flour  
1/2 tsp. cinnamon

Melt butter over low heat. Add cocoa and blend until smooth. Stir in brown sugar, nuts, flour, and cinnamon.

**CARROT BRAN MUFFINS**

1 1/2 c. whole wheat flour  
1 tsp. salt  
1 1/2 tsp. baking soda  
1 tsp. nutmeg  
1 1/2 c. milk  
2 tbsp. vinegar  
1/4 c. molasses  
1/3 c. honey  
2 eggs  
1/4 c. oil  
1 c. grated carrots  
1/2 c. raisins  
1/2 c. nuts, chopped

Preheat oven to 375 degrees; grease muffin cups. Combine flour, salt, baking soda and nutmeg. In a separate bowl, combine the liquids. Stir the liquids into the dry ingredients just until moistened. Fold in the carrots, raisins and nuts. Spoon into prepared cups. Bake about 20 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### IRISH SODA MUFFINS

2 c. plus 2 tbsp. flour  
3 oz. uncooked old fashioned oats  
4 tbsp. granulated sugar  
2 tsp. baking soda  
5 tbsp. margarine  
1 c. dark raisins  
1 1/2 c. buttermilk  
2 eggs

Preheat oven to 375 degrees; grease muffin cups. Combine first 4 ingredients in medium bowl. Using a pastry blender, cut in margarine until mixture resembles coarse crumbs; stir in raisins. Beat together buttermilk and egg; stir into flour mixture until moistened. Spoon into prepared cups. Bake about 20 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### BERRY YOGURT MUFFINS

1 1/2 c. unbleached flour  
1/4 tsp. salt  
1/2 tsp. cream of tartar  
1/4 tsp. baking soda  
1/2 c. unsalted butter  
1/2 c. granulated sugar  
1/2 tsp. vanilla  
2 eggs  
1/4 c. plain yogurt  
2/3 c. chopped fresh strawberries  
(or 1 c. blueberries)

Preheat oven to 400 degrees; grease muffin cups. Sift together flour, salt, cream of tartar and baking soda into a bowl. Cream butter and sugar in a large bowl until fluffy. Add vanilla. Add eggs one at a time, beating well after each. Alternately add dry ingredients and yogurt to creamed ingredients. Gently fold in strawberries. Spoon into prepared cups. Bake about 25 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### LEMON YOGURT MUFFINS

6 tbsp. honey  
4 tbsp. unsalted butter  
1 c. plain yogurt  
1 egg  
1/4 c. lemon juice  
1/2 tsp. grated lemon rind  
2 c. whole wheat flour  
1/8 tsp. nutmeg  
1 1/2 tsp. baking soda  
1/2 c. chopped raw pecans

#### ICING:

3/4 c. sifted powdered sugar  
1 tbsp. plain nonfat yogurt  
1/2 tsp. finely shredded lemon peel  
1/2 tsp. lemon juice

Preheat oven to 375 degrees; grease muffin cups. Melt the butter and honey together. Remove from heat. Beat together yogurt, egg, lemon juice and lemon rind. Add butter and honey; beat well. Sift together the dry ingredients and add the liquids. Stir briefly. Spoon into prepared cups. Bake about 25 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack. Ice. Icing: In a small bowl, combine all ingredients; mix until smooth.

### SWEET POTATO MUFFINS

1 3/4 c. flour  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1/2 tsp. salt  
1 tsp. baking soda  
1/4 tsp. cloves  
1/4 tsp. all spice  
1 1/2 c. sugar  
1/2 c. water  
1 c. sweet potatoes, mashed  
2 eggs  
1/2 c. oil  
1/2 c. nuts or raisins

Preheat oven to 350 degrees; grease muffin cups. Combine all dry ingredients plus raisins. Blend sweet potato and liquid ingredients. Combine wet and dry mixtures, stirring just until moist. Spoon into prepared cups. Bake about 25 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

**BLUEBERRY MOLASSES MUFFINS**

1 1/4 c. flour  
1 tsp. baking soda  
3 tbsp. sugar  
1/2 tsp. cinnamon  
1/4 tsp. ginger  
1/4 tsp. cloves  
1 egg  
1/3 c. shortening, softened  
1/2 c. molasses  
1/2 c. water  
1 c. blueberries

Preheat oven to 400 degrees; grease muffin cups. Combine dry ingredients. In a separate bowl, blend the egg, shortening, molasses and water well. Stir the liquids into the dry ingredients and then fold in the blueberries. Spoon into prepared cups. Bake 20 to 30 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

**ZUCCHINI PECAN MUFFINS**

1 1/2 c. flour  
3/4 c. sugar  
1 tsp. baking soda  
1 tsp. cinnamon  
1/2 tsp. salt  
1/2 c. oil  
1 tsp. vanilla  
1/4 c. milk  
1 egg  
1 c. shredded zucchini  
1/4 c. chopped pecans  
1/4 c. currants

Preheat oven to 350 degrees; grease muffin cups. Combine dry ingredients. In a separate bowl, blend the oil, milk, vanilla and egg. Add to the dry mixture and then fold in zucchini, pecans and currants. Spoon into prepared cups. Bake 20 to 30 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

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**HERITAGE BRAN MUFFINS**

1 1/2 c. all bran cereal  
1/2 c. boiling water  
1 c. buttermilk  
3/4 c. sugar  
1/3 c. shortening  
2 eggs  
2 c. flour  
1 1/4 tsp. baking soda  
1/2 tsp. salt  
2 tbsp. sugar  
1/2 tsp. cinnamon

Preheat oven to 400 degrees; grease muffin cups. Pour boiling water over bran cereal in small bowl; stir and let mixture cool slightly. Add buttermilk, stir, and set aside. In a separate bowl, cream sugar and shortening. Add eggs and mix well. Add bran mixture to creamed shortening mixture and stir until combined. Add flour, soda, and salt. Stir until just moistened. Spoon into prepared cups. Combine sugar and cinnamon together and sprinkle over the tops of muffins before baking. Bake 20 to 25 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

**BLACK BOTTOM PIE MUFFINS**

1 1/2 c. flour  
1 c. sugar  
1/4 c. cocoa  
1 tsp. baking soda  
1/2 tsp. salt  
1 c. water  
1/3 c. oil  
1 tsp. vinegar  
1 tsp. vanilla  
FILLING:  
8 oz. cream cheese  
1 unbeaten egg  
1/3 c. sugar  
1/8 tsp. salt  
1 c. chocolate chips

Preheat oven to 350 degrees; grease muffin cups. Combine dry ingredients. In a separate bowl, blend the water oil, vinegar and vanilla. Stir into the dry mixture. Spoon into prepared cups; fill 1/2 full. Then top each with heaping tablespoon filling. Filling: Cream e.g., cream cheese, sugar and salt, then stir in chips. Bake 30 to 35 minutes or until a cake tester inserted in center of one muffin comes out clean. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

## ♥♥♥♥ QUICKBREADS ♥♥♥♥

Quickbreads are what you get when you cross a muffin with a cake. In fact, all of these can be prepared as muffins – just decrease the baking time – and several can be frosted to pass as formal cakes.

### SCANDINAVIAN SPICE BREAD

2 eggs  
1 c. light cream  
1 1/2 c. brown sugar  
2 c. plus 2 tbsp. flour, sifted  
1 tsp. cinnamon  
1 tsp. powdered cloves  
1 tsp. baking soda  
1/2 tsp. salt  
1/2 c. melted butter  
1 tsp. grated lemon rind

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Beat cream, eggs and sugar until well mixed. Blend in combined dry ingredients; add butter and lemon rind. Mix well. Bake for 65 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### IRISH TEA LOAF

2 1/2 c. flour  
1 tsp. baking soda  
1 c. sugar  
1/8 tsp. salt  
1 stick butter  
1 c. buttermilk  
1 c. raisins

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Combine dry ingredients. Cream butter. Using a wooden spoon, mix in the dry ingredients alternately with the buttermilk. Fold in raisins. Bake for 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **BROWNIE BREAD**

1 1/4 c. flour  
1 1/4 c. sugar  
6 tbsp. cocoa  
1 tbsp. instant coffee granules  
1 tsp. baking soda  
3/4 tsp. salt  
1 c. toasted walnuts coarsely chopped  
1 1/2 c. sour cream  
1 egg  
1/2 tsp. vanilla  
4 tbsp. butter, melted & cooled

Preheat oven to 350 degrees. Butter a 9 x 5 inch loaf pan; line bottom with waxed paper. Butter the paper, then dust the bottom and sides of the pan with flour; shake out any excess. Combine dry ingredients and stir in the nuts. Whisk together the sour cream, egg, vanilla and melted butter. Add the dry ingredients and stir until just blended. Spread batter evenly in pan. Bake for 70 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack. Let stand in a cool place for at least 1 day before slicing.

### **CHIPPED BANANA LOAF**

1 3/4 c. flour  
3/4 tsp. baking soda  
1 1/4 tsp. cream of tartar  
1/2 c. chopped walnuts  
1/2 c. semi-sweet chocolate morsels  
3/4 c. sugar  
1/2 c. vegetable oil  
2 eggs  
2 ripe bananas, sliced  
1/2 tsp. vanilla extract  
1/4 tsp. ground cinnamon

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Combine dry ingredients, nuts and morsels. In electric blender, puree remaining ingredients for 20 seconds at medium speed. Stir liquids into dry mixture; mix well. Bake for 50 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **SOUTHERN PECAN BREAD**

1/2 c. sugar  
2 c. flour  
4 tsp. baking soda  
1/2 tsp. salt  
1/4 tsp. nutmeg  
1/2 tsp. cinnamon  
3 tbsp. butter, softened  
3/4 c. milk  
1 egg plus 1 egg yolk

#### **FILLING/TOPPING:**

1/3 c. chopped pecans  
2 tsp. cinnamon sugar  
1/2 c. very coarsely chopped pecans

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Combine dry ingredients. Cut in butter; then add the milk and eggs, beating thoroughly with a wooden spoon. Spoon half of the batter into loaf pan. Sprinkle with the chopped pecans and 1 tsp. cinnamon sugar. Add remaining batter. Top with the coarsely chopped pecans and remaining cinnamon sugar. Bake for 30 to 35 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **APRICOT BREAD**

3/4 c. dried apricots, finely cut  
3/4 c. cold water  
1 tbsp. lemon juice  
2 c. flour  
3/4 tsp. baking soda  
1/2 tsp. salt  
1/4 c. butter  
1/2 c. sugar  
1 egg, slightly beaten

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Wash apricots well before cutting. Add water and heat just to boiling point. Remove from heat and add lemon juice. Cool. Combine flour, baking soda and salt. Cream butter and sugar well, then blend in egg. Add cooled apricots and its liquid. Add dry mixture and beat well. Bake for 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack. Slices better the second day.

### APPLESAUCE BREAD

1/2 c. butter, softened  
1 c. sugar  
1 egg  
1 1/2 c. flour  
1 1/2 tsp. baking soda  
3/4 tsp. nutmeg  
1 tsp. cinnamon  
1/2 tsp. ground cloves  
1 1/4 c. applesauce  
1/2 c. raisins  
1/2 c. chopped nuts

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Cream butter and sugar until fluffy; beat in egg. Combine flour, baking soda, cinnamon, nutmeg and cloves; gradually add to creamed mixture. Beat applesauce into batter, then fold in raisins and nuts. Bake for 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack. Sprinkle with powdered sugar.

### SIMPLE STRAWBERRY LOAF

2 eggs  
1/2 c. salad oil  
2 c. sliced strawberries  
1 3/4 c. all-purpose flour  
1 tsp. baking soda  
1 c. sugar  
1/2 c. chopped nuts (walnuts, pecans)

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Beat eggs and oil, add berries and beat at low speed until berries are just broken. Add flour, soda, and sugar. Beat low speed until smooth and bits of berries remain. Fold in nuts. Bake for 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **ALOHA LOAF**

1 1/2 c. flour  
1/4 tsp. salt  
1/2 tsp. baking soda  
1 c. sugar  
1/s tsp. cinnamon  
1/2 c. chopped walnuts  
1 egg plus 1 egg white, beaten  
1/2 c. vegetable oil  
1 c. mashed ripe bananas  
1/2 of 8 oz. can crushed pineapple,  
drained  
1 tsp. vanilla extract

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Combine dry ingredients; stir in pecans. Combine remaining ingredients add to dry mixture, stirring just until moistened. for 70 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **PEANUT BUTTER BREAD**

1 c. brown sugar, firmly packed  
1/3 c. crunchy peanut butter  
1 egg  
1 tsp. baking soda  
1 tsp. salt  
1 3/4 c. all-purpose flour  
1 c. buttermilk

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Cream sugar and peanut butter, add egg and beat well. Combine baking soda, salt, and 3/4 cup flour and add. Add buttermilk and remaining flour alternately, mixing well after each addition. Bake for 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

**CHERRY BANANA BREAD**

1/2 c. butter or margarine  
2 c. sugar  
2 eggs  
2 c. flour  
1 1/2 tsp. baking soda  
1/4 tsp. salt  
1/4 c. + 2 tbsp. buttermilk  
1 1/2 c. bananas, mashed (about 3)  
1 c. chopped walnuts  
1 tsp. vanilla  
3/4 c. maraschino cherries, chopped

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Cream butter and sugar. Add eggs 1 at a time. Combine flour, baking soda and salt. Add to creamed mixture alternately with buttermilk. Add bananas. Fold in the chopped nuts and cherries. Bake for 45 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

**BANANA STREUSEL LOAF**

1 3/4 c. flour  
3/4 tsp. baking soda  
1/4 tsp. salt  
3/4 c. sugar  
1 1/4 tsp. cream of tartar  
2 eggs, beaten  
1/2 c. vegetable oil  
2 ripe bananas, mashed

**TOPPING:**

1/2 c. sugar  
1/3 c. flour  
1/2 tsp. cinnamon  
1/4 c. margarine or butter

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Combine dry ingredients. Combine eggs, oil and banana. Add to dry mixture, stirring just until moistened. Pour into pan; sprinkle with topping. Topping: Combine dry ingredients, cut in margarine or butter until mixture is crumbly. Bake for 45 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **ALMOND CHOCOLATE BREAD**

1 c. sugar  
2 eggs  
1 tsp. almond extract  
2 1/4 c. all-purpose flour  
1 tsp. baking soda  
1/2 tsp. salt  
1 c. sour cream  
2 oz. unsweetened chocolate, melted  
3/4 c. ground almonds

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Beat sugar, eggs and almond extract well. Combine flour, baking soda and salt; stir into sugar mixture alternately with sour cream. Stir in melted chocolate. Fold in almonds. Bake for 70 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **PUMPKIN PRUNE BREAD**

2 eggs, beaten  
1/2 c. oil  
3/4 c. sugar  
8 oz. can pumpkin  
1/2 c. prune juice  
2 c. flour  
1 tsp. salt  
1 tsp. baking soda  
1/2 tsp. cloves  
1/2 tsp. cinnamon  
1/2 tsp. ginger  
1/2 tsp. nutmeg  
1 c. cut up prunes  
1/4 c. chopped walnuts

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. Beat eggs, oil, sugar, pumpkin and prune juice. Combine flour, salt, baking soda, and spices. Add to pumpkin mixture. Mix just until blended. Fold in cut prunes and walnuts. Bake for 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **FRESH APPLE NUT BREAD**

2 c. peeled, chopped apples  
1/2 c. chopped pecans  
1 c. sugar  
1 1/2 c. flour  
1 tsp. baking soda  
1/8 tsp. salt  
1/8 tsp. ground nutmeg  
1/8 tsp. ground cloves  
1/2 tsp. ground cinnamon  
1/2 c. butter or margarine, melted  
1 tsp. vanilla extract  
1 egg, slightly beaten

Preheat oven to 325 degrees; grease and flour 9 x 5 inch loaf pan. Combine apples, pecans, and sugar; mix well. Let stand 1 hour or longer, stirring often; do not drain. Combine flour, baking soda, salt, and spices. Add apple mixture and mix well. Stir in butter, vanilla, and eggs and mix until thoroughly combined. Bake for 75 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **APPLE BUTTER BREAD**

2 c. flour  
1 tsp. baking soda  
1/2 tsp. salt  
1/2 tsp. nutmeg  
1/2 tsp. cinnamon  
1/2 tsp. ground cloves  
1/2 c. butter, softened  
3/4 c. sugar  
2 eggs  
1/2 c. buttermilk  
1 c. apple butter

Preheat oven to 325 degrees; lightly grease a bundt pan. Combine dry ingredients. Beat butter, sugar and eggs until fluffy. Mix in half the flour mixture. Stir in buttermilk. Add remaining flour mixture and apple butter. Blend well. Bake for 50 to 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### HARVEST BREAD

1 1/2 c. flour  
1 tsp. baking soda  
1/2 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1/4 tsp. ginger  
1/4 tsp. cloves  
1/2 c. butter or margarine  
1 c. sugar  
1 tsp. vanilla  
2 eggs  
3/4 c. solid pack pumpkin  
3/4 c. chocolate morsels  
1/2 c. walnuts, coarsely chopped  
*GLAZE (optional):*  
1/2 c. confectioners' sugar  
1/8 tsp. cinnamon  
1/8 tsp. nutmeg  
1 to 2 tbsp. cream

Preheat oven to 350 degrees; grease and flour 9 x 5 inch pan. Combine flour, baking soda, salt and spices. Cream butter, gradually adding sugar until light and fluffy. Blend in vanilla and eggs; beat well. Slowly blend in dry ingredients alternately with pumpkin, beginning and ending with dry ingredients. Stir in morsels and 1/4 cup nuts. Spread in pan and sprinkle with remaining nuts. Bake for 60 to 70 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack. Glaze: Combine sugar, cinnamon and nutmeg. Blend with cream to proper consistency. Let stand overnight before slicing.

### CARROT CAKE BREAD

1 1/3 c. sugar  
1/2 tsp. cloves  
1 tsp. cinnamon  
1 tsp. nutmeg  
1 c. raisins  
1 1/2 c. grated carrots  
2 tbsp. butter  
1 1/3 c. cold water  
2 c. flour  
2 tsp. baking soda  
1/8 tsp. salt

Preheat oven to 350 degrees; grease and flour 9 x 5 inch loaf pan. In 4 quart saucepan combine sugar, spices, raisins, carrots, butter and water. Bring to a boil. Reduce heat and simmer 5 minutes. Cool to room temperature. Combine flour, baking soda and salt. Add dry mixture to cooled carrot mixture and stir well. Bake for 75 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

**SIMPLE PUMPKIN LOAF**

1/2 c. butter flavor shortening  
1 c. sugar  
2 eggs  
3/4 c. pumpkin puree  
1 3/4 c. flour  
1 tsp. baking soda  
1 c. chocolate chips

Preheat oven to 325 degrees; grease and flour 9 x 5 inch loaf pan. Cream sugar and shortening. Blend in eggs and pumpkin puree. Add dry ingredients and stir in chocolate chips. Bake for 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

♥♥♥♥ **BISCUITS** ♥♥♥♥

There are American home style dinner biscuits, and European-style sweet biscuits. Here's a selection of both. If you're not a biscuit eater, you will be after trying these.

**SIMPLE SODA BISCUITS**

- 2 c. flour
- 1/2 tsp. baking soda
- 1 tsp. salt
- 4 tbsp. shortening
- 3/4 c. sour milk or buttermilk

Preheat oven to 475 degrees. Combine flour, baking soda and salt. Cut shortening into dry ingredients until fine as cornmeal. Add sour milk or buttermilk, enough to make a soft dough. Turn onto floured board, knead slightly. Roll 1/2 inch thick and cut with floured biscuit cutter. Prick with fork. Place on cookie sheet. Bake 12 to 15 minutes or until lightly browned.

**DINNER BISCUITS**

- 2 c. flour
- 1 c. whole wheat flour
- 1 1/2 tsp. baking soda
- 2 tbsp. sugar
- 1/2 tsp. salt
- 3/4 tsp. cream of tartar
- 3/4 c. butter or margarine
- 1 egg, beaten
- 1 c. milk

Preheat oven to 450 degrees; lightly grease a 9 inch square baking pan. Combine the dry ingredients. Cut in butter until mixture resembles coarse cornmeal. Add egg and milk, stirring quickly and briefly. Knead lightly on floured board. Roll 1 inch thick and cut with floured biscuit cutter. Place side by side in prepared pan and bake for 12 to 15 minutes. For crusty biscuits, bake separated on a cookie sheet.

### SKILLET BISCUITS

2 c. flour  
1 tsp. baking soda  
1/4 tsp. salt  
1/4 c. butter, softened  
1 c. buttermilk  
3 or 4 tbsp. more butter for cooking

Combine flour, baking soda and salt. Cut in butter until mixture resembles coarse crumbs. With a fork, quickly stir in buttermilk just until moistened. On a lightly floured surface, knead dough 8 to 10 times. Dough will be moist but not sticky. Roll or pat to about 1/2 inch (or more) thickness. Cut with floured biscuit cutter. Melt butter in heavy skillet over medium heat. Add half of biscuits (do not crowd) cover tightly and cook 4 minutes. With a metal spatula, turn biscuits over, cover and cook 3 to 4 minutes longer or until browned and cooked through. Repeat with remaining dough, adding more butter if needed.

Makes about 1 dozen

Baked Version: Brush biscuits with melted butter and bake on ungreased cookie sheet in preheated oven 450 degrees for 10 to 12 minutes.

### BUTTER BISCUITS

2 c. flour  
1 rounded tsp. baking soda  
2 rounded tsp. cream of tartar  
1/2 tsp. salt  
2 tsp. butter flavor shortening, cold  
1 c. milk  
melted butter

Preheat oven to 450 degrees; lightly grease a 9 inch square baking pan. Combine the dry ingredients. Cut in shortening until mixture resembles coarse cornmeal. Add milk, stirring quickly and briefly. Knead lightly on floured board. Roll 1 inch thick and cut with floured biscuit cutter. Half dip each biscuit in melted butter as you place side by side in pan. Bake for 12 to 15 minutes or until lightly browned.

### MAYONNAISE BISCUITS

2 c. flour  
2 tsp. baking powder  
1 tsp. salt  
1/2 tsp. baking soda  
1 c. milk  
1/2 c. mayonnaise

Preheat oven to 400 degrees; lightly grease muffin cups. Combine dry ingredients. Blend milk and mayonnaise, and add to dry mixture. Stir until smooth. Fill cups about 3/4 full and bake for about 10 minutes or until lightly browned.

### **CINNAMON DROP BISCUITS**

2 c. flour  
3 tbsp. sugar  
1 tsp. cinnamon  
2 tsp. baking soda  
1/2 tsp. salt  
4 tbsp. butter flavor shortening  
1/2 c. milk  
1 well-beaten egg  
powdered sugar

Preheat oven to 425 degrees. Combine dry ingredients. Cut in shortening until mixture resembles coarse cornmeal. Combine milk and egg; add all at once to flour mixture and stir vigorously until mixture forms a soft dough that clings to sides of bowl. Drop by tablespoonfuls on ungreased cookie sheet. Sprinkle with powdered. Bake for 10 to 12 minutes or until lightly browned.

### **HONEY BISCUITS**

2 c. flour  
1 c. sugar  
1 tsp. baking soda  
1/2 tsp. salt  
1 c. whipped butter  
1 c. strained honey  
1 c. sour cream  
1 egg, beaten

Preheat oven to 375 degrees; lightly grease muffin cups. Combine dry ingredients. Blend butter, honey, sour cream and egg. Add liquids to dry mixture and stir until smooth. Fill muffins cups about 2/3 full and bake for 10 to 12 minutes or until lightly browned.

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### MAPLE SYRUP BISCUITS

1/2 lb. margarine  
1 tbsp. maple syrup  
1 c. flour  
1 c. sugar  
2 c. quick cook oats, uncooked  
1 tsp. baking soda  
1/4 tsp. cream of tartar

Preheat oven to 300 degrees; lightly grease cookie sheet. Slowly melt margarine and syrup in a saucepan. Combine dry ingredients. Blend the margarine/syrup mixture into the dry ingredients. Place by tablespoonful on cookie sheet, widely spaced for they spread a lot. Bake for 7 to 10 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack.

### SCOTISH TEA BISCUITS

1/2 c. sugar  
4 1/2 c. cake flour  
1/2 tsp. cream of tartar  
1/2 tsp. baking soda  
12 oz. butter  
1 c. milk

Preheat oven to 350 degrees; lightly grease cookie sheet. Combine sugar, flour, cream of tartar and baking soda. Cut butter into dry ingredients. add milk and mix to stiff dough. Roll 1/2 inch thick and cut with floured biscuit cutter. Place on cookie sheet. Bake until lightly browned on top. Serve with butter and jam.

♥♥♥♥ **CRACKERS** ♥♥♥♥

Why don't people bake their own crackers? Mostly because they don't know how. Now there's no excuse.

**GRAHAM CRACKERS**

4 c. whole wheat or graham flour  
1 c. butter  
1 tsp. baking soda  
1 tsp. cream of tartar  
1 egg, lightly beaten  
1/2 c. hot water (approx.)  
1/2 c. honey

Preheat oven to 350 degrees. Cut the butter into the flour until mixture is the consistency of coarse oatmeal. Blend in the honey, baking soda, cream of tartar, egg and enough hot water to make a dough that can be rolled like pastry. Roll out the dough to 1/8" thickness on a floured cloth or board. Cut into squares. Bake on ungreased cookie sheet for 15 to 20 minutes or until done. Cool 4 minutes before removing from cookie sheet; finish cooling on rack.

**OLD-FASHIONED SODA CRACKERS**

2 c. flour  
3/4 tsp. baking soda  
1/2 tsp. salt  
1/4 c. butter (1/2 stick)  
3/4 c. buttermilk

Preheat oven to 350 degrees; lightly grease cookie sheet. Combine flour, baking soda and 1/4 teaspoon salt. Cut in butter until mixture resembles fine crumbs. Add buttermilk; mix well. Knead into a ball. Roll out 1/8 inch thick and cut with 3-inch round cutter. Place on cookie sheet and prick tops several times with the tines of a fork. Sprinkle with some of the remaining salt. Bake for 15 to 20 minutes, until lightly browned on edges. Cool 4 minutes before removing from cookie sheet; finish cooling on rack. Makes about 1 1/2 dozen crackers.

### SALTINES

2 c. flour  
1 tsp. salt  
2/3 c. milk  
2 tbsp. butter  
1/2 tsp. baking soda

Preheat oven to 375 degrees. Combine dry ingredients. Cut in the butter, then stir in the milk. Round into a ball and knead for few strokes. Divide dough into several pieces and roll out very thin on a floured board. Lay dough sheets on ungreased cookie sheet. Sprinkle with salt and prick with a fork. Cut into 1 1/2 inch squares with a sharp knife or pizza cutter. Bake for 10 to 12 minutes or until lightly browned. Cool 4 minutes before removing from cookie sheet; finish cooling on rack.

### WHOLE WHEAT CRACKERS

3 1/2 c. whole wheat flour  
2 c. quick cooking rolled oats  
1/2 c. wheat germ  
1/2 c. sugar  
1 1/2 tsp. salt  
1 tsp. baking soda  
1/2 c. shortening  
1/2 c. butter, softened  
1 1/2 c. buttermilk

Preheat oven to 350 degrees. Combine dry ingredients, then blend in shortening and butter. Stir in buttermilk just until moistened. Turn onto floured surface. Knead lightly. Divide dough into 5 pieces; roll out each piece 1/8 inch thick. Cut with 3 inch round cookie cutter. Place on ungreased cookie sheet. Prick with fork. Bake until crisp and golden, 16 to 18 minutes. Cool 4 minutes before removing from cookie sheet; finish cooling on rack.

### SESAME CRACKERS

1 c. whole wheat flour  
1 c. oatmeal  
1/2 c. wheat germ  
1 tsp. brown sugar  
1/2 c. toasted sesame seed  
2 c. flour  
1 tsp. baking soda  
1 1/2 tsp. salt  
3/4 c. water  
2/3 c. oil

Preheat oven to 300 degrees. Combine dry ingredients. Add oil and water; knead until smooth. Divide into 2 parts and knead again. Roll to 1/8 inch or less on cookie sheet. Cut in desired shapes. Prick all over with fork. Bake for 30 minutes or until crackers are slightly browned and crisp. Cool 4 minutes before removing from cookie sheet; finish cooling on rack.

### RYE CRACKERS

1 1/3 c. flour  
2/3 c. rye flour  
1 tsp. salt  
1/2 tsp. baking soda  
1 1/2 tbsp. caraway seed  
1/3 c. oil  
2 tbsp. vinegar  
1/2 c. water

Preheat oven to 375 degrees. Combine dry ingredients and seeds. Combine liquids and add to dry mixture; mix well, knead if necessary. Roll out half of dough on cookie sheet; should be very thin and cover entire sheet. Score lightly and sprinkle with salt. Bake 10 to 15 minutes until brown. Cool 4 minutes before removing from cookie sheet; finish cooling on rack.

### **BACON CHEESE CRACKERS**

1/4 lb. bacon, diced  
1 1/2 c. all-purpose flour  
1/2 c. (2 oz.) shredded cheddar cheese  
2 tbsp. grated Parmesan cheese  
1/2 tsp. baking soda  
1/4 tsp. salt  
1/8 tsp. ground black pepper  
1/2 c. sour cream  
3 to 4 tbsp. bacon drippings or oil  
grated Parmesan cheese

Preheat oven to 350 degrees; lightly grease cookie sheet. Fry bacon until crisp and drain on paper toweling. Reserve bacon drippings. Crumble bacon. Combine crumbled bacon, flour, cheeses, baking soda, salt and pepper. Stir in sour cream. Add bacon drippings or oil, 1 tablespoon at a time, stirring after each addition until mixture just begins to cling together. Gather dough into 2 balls. Carefully roll dough balls, 1 at a time, on floured surface to 1/8 inch thickness. Cut into 1 1/2 inch squares or diamonds. Sprinkle with Parmesan cheese. Place on cookiesheet 1/2 inch apart. Bake for 12 to 15 minutes. Cool 4 minutes before removing from cookie sheet; finish cooling on rack.

### **ANIMAL CRACKERS**

1/2 c. oatmeal  
1/4 to 1/8 tsp. salt  
3/4 c. flour  
1/4 tsp. baking soda  
2 tsp. honey  
1/4 c. butter  
4 tbsp. buttermilk

Preheat oven to 400 degrees. Grind oatmeal in blender until powder fine. Transfer to mixing bowl and add salt, flour, baking soda and honey. Mix well. Cut in butter. Add buttermilk and stir until a well-mixed dough ball forms. Roll out dough on floured surface to 1/8 inch. Cut with animal cookie cutters and bake until light brown, 10 to 12 minutes. Cool 4 minutes before removing from cookie sheet; finish cooling on rack.

♥♥♥♥ **COOKIES & SWEETS** ♥♥♥♥

There's snacks – and then there's cookies.

**CANDIED COOKIES**

- 1 3/4 c. flour
- 1/2 c. sugar
- 1/2 c. firmly packed brown sugar
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 c. peanut butter
- 1 egg
- 2 tbsp. milk
- 1 tsp. vanilla
- 48 chocolate kisses  
or mini peanut butter cups

Preheat oven to 375 degrees. Combine the dry ingredients. In a separate bowl combine the peanut butter, egg, milk and vanilla. Blend the liquids into the dry mixture at low speed. Shape into balls using rounded teaspoon for each. Roll balls in additional sugar. Place on ungreased cookie sheets and bake for 10 to 12 minutes. Remove from oven and top each immediately with a candy, pressing down firmly so cookie cracks around edge. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes 4 dozen.

**SUPERB CHOCOLATE CHIPPERS**

- 1 (8 oz.) pkg. cream cheese, softened
- 1 c. butter flavor shortening, softened
- 3/4 c. sugar
- 3/4 c. dark brown sugar (packed)
- 1 egg
- 1 tsp. vanilla
- 2 1/2 c. flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 12 oz. bag chocolate chips
- 1 c. chopped nuts (optional)

Preheat oven to 350 degrees. Cream cheese, butter and sugars. Add egg and vanilla. Combine dry ingredients. Fold into creamed mixture. Stir in chips and nuts. Drop by tablespoonfuls on cookie sheet and bake for 8 to 10 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 4 dozen.

### **EASY SUGAR COOKIES**

1 1/4 sticks butter  
1/2 tsp. salt  
1 small egg  
1/2 tsp. baking soda  
12 c. sugar  
2 1/2 c. flour  
1/4 c. milk (about)

Preheat oven to 375 degrees. Mix butter, salt, egg, baking soda, sugar and flour in order. Add only enough milk to get dough into a ball. Roll and cut with cookie cutters. Place on ungreased cookie sheets and bake for 8 to 10 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 4 dozen.

### **BROWN SUGAR SQUARES**

2 eggs  
2 c. brown sugar (packed)  
1 c. flour  
2 tsp. vanilla  
1 tsp. baking soda  
1 tsp. cinnamon  
1/2 tsp. salt  
2 c. chopped nuts  
1/4 c. powdered sugar (for topping)

Preheat oven to 350 degrees. Lightly grease a 9 x 12 inch baking pan. Blend ingredients in order listed, except powdered sugar. Turn into prepared pan and bake 20-25 minutes. While hot sprinkle powdered sugar on top. Cool on rack, then cut into squares.

### **MOLASSES SPICE COOKIES**

3/4 c. shortening  
1 c. sugar  
1 egg, well beaten  
4 tbsp. molasses  
2 c. flour + 1/4 c.  
1 round tsp. ginger  
1 tsp. baking soda  
1 tsp. cinnamon  
1/2 tsp. cloves

Preheat oven to 350 degrees. Cream shortening and sugar. Add egg and molasses. Combine baking soda and spices with sifted flour and add to the creamed shortening mixture. Shape into balls using rounded tablespoon for each. Coat with sugar. Place on ungreased cookie sheets and bake for 10 to 12 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 4 dozen.

### **CONFECTIONERS' COOKIES**

1 c. butter flavor shortening  
1 1/2 c. confectioners' sugar  
1 egg  
1 tsp. vanilla  
2 1/2 c. flour  
1 tsp. cream of tartar  
1 tsp. baking soda  
1/4 tsp. salt

Preheat oven to 350 degrees. Cream shortening and powdered sugar. Blend in remaining ingredients in order. Roll on floured board and cut with cookie cutters. Place on ungreased cookie sheets and bake for 8 to 10 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 4 dozen.

**COFFEE BUTTERBALL COOKIES**

3/4 c. butter, softened  
1/3 c. confectioners' sugar  
1 1/2 tbsp. instant coffee  
1/2 tsp. baking soda  
1 tbsp. water  
1 tsp. vanilla  
1 3/4 c. flour  
1 c. finely chopped nuts  
confectioners' sugar

Preheat oven to 350 degrees. Cream butter. Gradually beat in powdered sugar and continue beating until light and fluffy. Mix instant coffee and baking soda with water. Add to butter mixture with vanilla and beat well. Stir in flour and nuts. Shape into small balls and place on ungreased baking sheet. Bake for 15-18 minutes. Roll each cookie in additional confectioners' sugar while still hot. Cool on rack. Makes about 3 dozen.

**PEANUTTY OATMEAL COOKIES**

1/2 c. margarine  
1/2 c. peanut butter  
1 c. sugar  
1 c. brown sugar  
2 eggs  
1/4 c. milk  
1 tsp. vanilla  
2 c. flour  
1 tsp. baking soda  
2 1/2 c. oats  
1/2 c. raisins  
1/2 c. chocolate chips

Preheat oven to 350 degrees. Cream margarine, peanut butter, sugar and brown sugar. Add eggs, milk and vanilla. Sift together flour and baking soda and add to mixture. Stir in oats, raisins and chocolate chips. Drop by tablespoonfuls on ungreased baking sheet and bake for 15 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 5 dozen.

### RAISIN OAT BARS

2 c. rolled oats  
1 c. flour  
3/4 c. brown sugar  
1 tsp. cinnamon  
1/2 tsp. baking soda  
3/4 c. butter, melted  
1 c. raisins  
1/4 c. apple jelly  
CINNAMON ICING:  
1/2 c. powdered sugar  
1/4 tsp. cinnamon  
2 tsp. milk

Preheat oven to 350 degrees. Lightly grease a 9 inch square pan. Combine oats, flour, brown sugar, cinnamon and soda. Cut in butter. Remove 1 cup crumb mixture, set aside. Pat remaining mixture into prepared pan. Combine raisins and jelly; toss with reserved crumb mixture. Sprinkle over layer in pan. Bake for 30 minutes or until edges are brown. While warm, cut into nine 3 inch squares. Cut diagonally to make triangles. Drizzle with cinnamon icing. Icing: Blend sugar, cinnamon and milk until smooth. Makes 27 triangles.

### ALMOND APRICOT CHEWS

1 c. flour  
1 tsp. baking soda  
1 c. butter or margarine  
3/4 c. packed brown sugar  
1/2 c. sugar  
1 egg  
1 tbs. Amaretto  
2 1/2 c. regular or quick-cooking rolled oats  
1 c. snipped dried apricots  
1/2 c. finely chopped almonds

#### ICING:

2 c. sifted powdered sugar  
2 to 3 tbs. Amaretto

Preheat oven to 375 degrees. Combine flour and baking soda. In a separate bowl cream butter or margarine till softened. Add brown sugar and sugar and beat until fluffy. Add egg and 1 tablespoon Amaretto and beat well. Add flour mixture and beat till well mixed. Stir in oats, apricots, and almonds. Drop by rounded teaspoons onto an ungreased cookie sheet. Bake for 8 to 10 minutes or till done. Cool 2 minutes before removing from cookie sheet; finish cooling on rack, then ice. Icing: Stir together powdered sugar and enough of the 2 to 3 tablespoons Amareto to make icing of drizzling consistency. Makes about 4 1/2 dozen.

**EASY SNOWMAN COOKIES**

1 pkg. (8 oz.) cream cheese, softened  
3/4 c. butter  
1 c. powdered sugar  
1/2 tsp. vanilla  
2 1/4 c. flour  
1/2 tsp. baking soda

Preheat oven to 325 degrees. Cream butter, cream cheese, sugar and vanilla. Add flour and baking soda; mix well. Chill 30 minutes. Shape pieces of dough into two small balls, one slightly larger than the other. Slightly overlap balls on ungreased cookie sheet; flatten with bottom of glass. Repeat with remaining dough. Bake 18-20 minutes or until light golden brown. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Sprinkle snowmen with sifted powdered sugar and decorate with icing as desired. Cut miniature peanut butter cups in half for hats. Makes 2 dozen.

**KID PLEASERS**

3/4 c. firmly packed brown sugar  
1/2 c. sugar  
1/2 c. butter flavor shortening, softened  
1/2 c. peanut butter  
1 tsp. vanilla  
1 egg  
1 c. rolled oats

3/4 c. flour  
1/2 tsp. baking soda  
1 c. semi-sweet chocolate chips  
1 c. M&M's  
1/2 c. chopped pecans  
Preheat oven to 350 degrees; lightly grease cookie sheet. Cream brown sugar, sugar, shortening, peanut butter, vanilla and egg until light and fluffy. Add; mix well. Add flour and baking soda; mix well. Stir in chocolate chips, M&M's and pecans. Place by teaspoonfuls on greased cookie sheet, flatten slightly. Bake for 10-15 minutes or until light golden brown. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 3 dozen.

### **OATMEAL MONSTER**

1/2 c. margarine, melted  
1/2 c. brown sugar (packed)  
1 tsp. vanilla  
1/2 c. flour  
1/2 tsp. baking soda  
2 c. quick-cooking oats  
1 c. raisins  
1 c. chopped walnuts

Preheat oven to 350 degrees; lightly grease cookie sheet. Blend melted butter with brown sugar and vanilla until smooth. Stir in flour, baking soda, raisins and nuts. Pat into 9-inch circle on cookie sheet. Bake on upper rack for 15-20 minutes or until lightly browned. Do not over bake. Cool 2 minutes before carefully removing from cookie sheet; finish cooling on rack. Makes 1 giant cookie.

### **SNICKERDOODLES**

1 stick butter or margarine  
1 c. sugar  
1 egg  
2 tbsp. milk  
1/2 tsp. vanilla  
2 c. flour  
1/4 tsp. baking soda  
1/4 tsp. cream of tartar  
1/4 tsp. salt  
1/2 c. chopped nuts

Preheat oven to 375 degrees; lightly grease cookie sheet. Cream butter and sugar until light and fluffy. Add egg, beating well. Blend in milk and vanilla. Combine flour, baking soda, cream of tartar and salt. Stir into creamed mixture. Blend in chopped nuts. Form dough into 1 inch balls. Place balls 2 inches apart on cookie sheet. Lightly flatten balls with sugared bottom of a tumbler. Bake for 10 to 12 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 4 dozen.

### SESAME COOKIES

1 c. sugar  
1 egg  
1 c. butter  
1 tsp. vanilla  
2 c. sifted flour  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 (about 2 oz.) pkg. sesame seeds

Preheat oven to 350 degrees; lightly grease cookie sheet. Cream sugar and egg. Add butter and vanilla. Combine flour, baking soda and salt, and add to creamed mixture. Mix well. Chill 1 hour. Form dough into 1 inch balls, then roll in sesame seeds to coat. Place 2 inches apart on cookie sheet. Bake for 10 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 4 dozen.

### BANANA COOKIES

3/4 c. butter  
1 c. brown sugar  
1 egg  
2 lg. ripe bananas, mashed  
1 tsp. vanilla  
3 1/4 c. flour  
3/4 tsp. baking soda  
1 tsp. cinnamon  
1/2 tsp. salt  
pecan halves

Preheat oven to 350 degrees. Cream butter with brown sugar; beat in egg, bananas and vanilla. Combine flour, baking soda, cinnamon and salt. Stir flour mixture into liquids a little at a time. Drop batter, a teaspoonful at a time, on a cookie sheet. Press pecan half on top of each. Bake 10 to 12 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 6 dozen.

**RICOTTA COOKIES**

1 lb. margarine or butter  
2 c. sugar  
3 eggs  
1 lb. Ricotta cheese  
2 tsp. vanilla  
1tsp. salt  
4 c. flour  
1 tsp. baking soda

**SUGAR ICING:**

2 tbsp. margarine or butter  
2 tbsp. milk  
2 c. sifted powdered sugar  
Food coloring

Preheat oven to 350 degrees. Cream margarine and sugar until light and fluffy. Combine eggs, cheese, vanilla and salt and add to the creamed mixture. Combine the flour and soda and blend into the liquids. Roll dough into 1 inch balls and place on cookie sheet 2 inches apart. Bake for 10 to 12 minutes, don't let them brown. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Ice with sugar icing above or with Cherry Almond Icing (below). Sugar Icing: Stir all ingredients continuously over low heat until uniform. Add more milk if needed to adjust consistency. Add food coloring if desired.

**CHERRY ALMOND COOKIE ICING**

3 tbsp. softened butter  
2 c. powdered sugar  
2 tbsp. cherry juice  
1/4 tsp. almond extract

Stir all ingredients continuously over low heat until uniform. Add more cherry juice if needed to adjust consistency.

**RAINBOWS**

1 c. margarine or butter  
3/4 c. sugar  
3/4 c. brown sugar  
2 eggs  
1 tsp. vanilla  
3 c. flour  
1/2 tsp. baking soda  
1/2 tsp. salt  
Food coloring

Preheat oven to 350 degrees. Cream margarine or butter and sugars. Add eggs. Combine dry ingredients, and blend into creamed mixture. Separate dough into 6 pieces. Color the pieces red, orange, yellow, green, blue, and violet with food coloring. Roll small pieces of each color dough into short pencil thin tubes. Form rainbows by putting the colored tubes side by side in an arch and flattening them slightly together. Bake for 8 minutes or until just slightly browned. Cool 2 minutes before removing from cookie sheet; finish cooling on rack.

**PENUCHE**

3/4 c. butter  
1 1/2 c. packed brown sugar  
1/2 c. milk  
1 c. powdered sugar  
1 c. chopped walnuts  
1 tsp. vanilla  
2 c. flour  
1 tsp. salt  
1/2 tsp. baking soda

**FROSTING:**

2 c. brown sugar  
1/2 c. milk  
1/4 tsp. salt  
1/4 c. butter  
1 tsp. vanilla

Preheat oven to 350 degrees; lightly grease a jelly roll pan. Combine in saucepan butter brown sugar and milk. Bring to a boil, stirring constantly. Boil 1 minute. Remove from heat and stir in powdered sugar and nuts. Add vanilla. Combine dry ingredients and blend in. Spread into jelly roll pan. Bake 25 to 30 minutes; cut into bars while warm. Cool. Top each bar with frosting and a walnut half. Frosting: Combine sugar, milk and salt. Cook over medium heat, stirring occasionally until soft ball stage. Add butter and vanilla. Cool to lukewarm. Beat until spreading consistency. If necessary, thin with milk.

**SUGAR PRETZELS**

1/2 c. margarine  
1/2 c. sugar  
1 egg  
1 egg yolk  
1 1/2 tsp. orange extract  
1 3/4 c. sifted flour  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 egg white  
1 tbsp. water  
1 c. finely chopped nuts

Preheat oven to 350 degrees; lightly grease a cookie sheet. Cream margarine, sugar, egg, egg yolk, and orange extract in bowl until light and fluffy. Combine flour, baking soda, and salt; blend into creamed mixture. Chill 2 hours in refrigerator or 20 minutes in freezer. Break off small pieces of dough; roll on lightly floured board to pencil size (about 5 inches long and 1/4 inch thick). Take single strand of dough; hold one end in each hand and quickly form loops; press ends down firmly. Place on cookie sheet. Brush cookies with egg white beaten slightly with water; sprinkle with chopped nuts. Bake for 12 to 15 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 3 1/2 dozen.

**CHERRY - PECAN BALLS**

1 c. shortening  
1 (3 oz.) pkg. cream cheese, softened  
1 c. sugar  
1 egg  
1 tsp. almond extract  
1/4 tsp. baking soda  
2 1/2 c. all purpose flour  
1 3/4 c. finely chopped pecans  
36 Maraschino cherries, halved  
1/2 tsp. salt

Preheat oven to 350 degrees. Cream shortening and cream cheese; gradually add sugar, beating until light and fluffy. Add egg, beat well. Stir in almond extract. Combine flour, soda and salt. Add to creamed mixture, beating well. Chill 1 hour. Shape dough into 1 inch balls and roll in pecans. Place two inches apart on ungreased cookie sheet. Gently press 1/2 cherry in center of each cookie. Bake for 12 to 15 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 6 dozen.

**CHOCOLATE LOGS**

1 c. butter or margarine, softened  
1 1/2 c. sugar  
3 eggs  
1 tbsp. vanilla  
3 3/4 c. flour  
3/4 c. cocoa  
3/4 tsp. baking soda  
1/2 tsp. salt  
Chopped walnuts  
Maraschino cherry halves

**GLAZE:**

1/4 c. butter or margarine  
1/4 c. water  
6 tbsp. cocoa  
2 c. confectioners' sugar  
1 tsp. vanilla

Preheat oven to 350 degrees. Cream butter and sugar until light and fluffy. Add eggs and vanilla. Beat well. Combine flour, cocoa, baking soda and salt. Blend into creamed mixture. Shape dough into 4" x 1/2" logs. Place on an ungreased cookie sheet and bake for 5 to 7 minutes or until almost set. Cool slightly; then glaze and sprinkle with chopped nuts and garnish with cherry halves. Glaze: Combine butter and water in a small saucepan, bringing to a boil. Remove from heat. Immediately stir in cocoa. Add confectioners' sugar and vanilla. Beat until smooth. If too thick, thin with 1 to 2 teaspoons water.

**PFEFFERNUESSE**

4 c. sifted flour  
1 tsp. baking soda  
1/2 tsp. salt  
1 tbsp. cinnamon  
1 tsp. cloves  
1 tsp. nutmeg  
1/4 tsp. black pepper  
1 tbsp. crushed cardamom seeds  
1 tsp. anise seed  
1/4 lb. candied orange peel  
1/2 lb. citron, cut small  
2 tbsp. butter  
2 1/2 c. powdered sugar  
5 eggs separated  
1 1/2 tsp. grated lemon rind  
ICING:  
1/4 c. milk (about)  
1 c. confectioner's sugar

Combine flour, baking soda, salt and spices. Stir in seeds, then the orange peel and citron. Cream butter and sugar; add well-beaten egg yolks and lemon rind, beat thoroughly. Gradually stir in flour-fruit mixture. Beat egg whites until stiff and fold into batter. Chill at least 1 hour, then shape in 1/2 inch. Place on cloth. Let stand uncovered overnight at room temperature. In the morning brush balls with the thin icing made by gradually stirring the milk into the confectioner's sugar. Add more milk to adjust icing consistency if necessary. Place on ungreased baking sheet and bake for 15 to 20 minutes. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Makes about 7 dozen.

**SWEDISH TOAST**

1 c. butter  
1 1/2 c. sugar  
2 eggs  
1 c. sour cream  
3 3/4 c. flour  
1 tsp. baking soda  
1 tsp. ground cardamom  
1/2 tsp. salt

Preheat oven to 350 degrees. Mix all ingredients with spoon until uniform. Flour hands; form mixture into 3 oblong loaves approximately 2 1/2 inches thick on cookie sheets. Bake for 30 minutes. Cool slightly, then slice into 1/2 to 1 inch thick slices and toast in oven 13 to 15 minutes until light golden brown. Serve with butter, whipped cream cheese, or dunked in coffee. Use as finger food for toddlers.

**LEBKUCHEN**

1 c. sugar  
2/3 c. honey  
1/3 c. butter  
1 egg  
1/3 c. water  
4 c. flour  
1/2 tsp. salt  
1 tsp. baking soda  
1 tsp. cinnamon  
1/2 tsp. cloves  
2/3 c. chopped nuts  
1/3 c. chopped citron

Preheat oven to 350 degrees; lightly grease cookie sheet. Boil sugar, honey and butter for 5 minutes; cool. Beat egg and water together. Combine flour, salt, baking soda, cinnamon and cloves. Add the dry ingredients alternately with the egg mixture to the honey/sugar mixture. Stir in chopped nuts and chopped citron. Roll out 1/4 inch thick and cut with cookie cutters. Bake on prepared cookie sheet until lightly browned, but before bottom is dark. Cool 2 minutes before removing from cookie sheet; finish cooling on rack. When cool, ice with sugar glaze. (Use Pfeffernuesse icing above)

**BUTTERMILK BROWNIES**

2 c. flour  
2 c. sugar  
1/2 tsp. salt  
1 stick margarine  
1 c. water  
1/2 c. cocoa  
1/2 c. butter flavor shortening  
1/2 c. buttermilk  
2 eggs  
1 scant tsp. baking soda  
1 tsp. vanilla

**FROSTING:**

1 stick margarine  
1/4 c. cocoa  
1/3 c. plus 1 tsp. buttermilk  
1 pkg. (1 lb.) powdered sugar  
1 tsp. vanilla

Preheat oven to 350 degrees; lightly grease and flour 11 x 16 x 1 pan. Combine flour, sugar and salt. Heat the margarine, water, cocoa, and shortening with constant stirring until liquid; pour over the dry mixture. Add the buttermilk, eggs, baking soda and vanilla; mix until smooth. Pour batter into pan and bake for approximately 22 minutes. Cool on rack and then frost. Frosting: Stir all ingredients over low heat until smooth.

### EGG NOG COOKIES

1/2 c. butter, softened  
1 c. sugar  
1/2 c. egg nog  
1/4 tsp. nutmeg  
1/2 tsp. baking soda  
2 3/4 c. flour, about  
colored sugar (optional)

Preheat oven to 375 degrees; lightly grease cookie sheet. Cream butter and sugar until fluffy. Add egg nog, nutmeg, baking soda; mix well. Add enough flour to make stiff dough. Roll into ball and chill for 1 to 2 hours. Roll out to 1/8 inch on floured surface. Cut with cookie cutters. Place on cookie sheet and bake for 6 to 8 minutes. . Cool 2 minutes before removing from cookie sheet; finish cooling on rack. Sprinkle with colored sugar while hot if desired. Makes about 4 dozen.

### COFFEE BREAK BARS

2 c. flour  
1 c. whole wheat flour  
1 tsp. baking soda  
1 tsp. salt  
2 eggs  
2 c. brown sugar, packed  
1 c. oil  
2 tsp. vanilla  
2 tsp. instant coffee crystals  
1 c. cold water  
1 c. semi-sweet chocolate pieces  
1 c. chopped walnuts

#### GLAZE:

1/2 tsp. instant coffee crystals  
4 tsp. water  
1 c. sifted powdered sugar  
1 tbsp. butter or margarine

Preheat oven to 350 degrees; lightly grease a 10 x 15 x 1 pan. Combine flours, baking soda and salt. Beat eggs until light and fluffy. Gradually add brown sugar, oil and vanilla; beat well. Dissolve coffee crystals in cold water; gradually stir into egg mixture. Add dry mixture; beat until smooth. Pour batter into prepared pan. Sprinkle chocolate pieces and nuts evenly on top. Bake for 25 to 30 minutes. Cool slightly, then drizzle with coffee glaze. Glaze: Dissolve coffee crystals in water. Combine remaining ingredients with coffee mixture until smooth. Add more water as necessary to adjust glaze consistency. Makes about 36 bars.

### LEMONADE COOKIES

1 c. butter  
1 c. sugar  
2 eggs  
3 c. flour  
1 tsp. baking soda  
1 (6 oz.) can frozen lemonade, thawed  
sugar

Preheat oven to 400 degrees. Cream butter and sugar. Add eggs and beat. Add flour and soda alternately with 1/2 c. lemonade to the creamed mixture. Drop dough from a teaspoon, 2 inches apart, onto ungreased cookie sheet. Bake cookies for about 8 minutes or until lightly browned around edges. Brush hot cookies with remaining lemonade; sprinkle with sugar. Remove to rack and cool. Makes about 6 dozen.

### GINGERBREAD BOYS

1/3 c. shortening  
1 c. brown sugar, packed  
1 1/2 c. dark molasses  
2/3 c. cold water  
7 c. sifted all-purpose flour  
2 tsp. baking soda  
1 tsp. salt  
1 tsp. allspice  
1 tsp. ginger  
1 tsp. cloves  
1 tsp. cinnamon

Preheat oven to 350 degrees; lightly grease cookie sheet. Cream shortening, sugar, and molasses. Stir in cold water. Combine remaining ingredients and stir in. Chill dough 2 hours. Roll out very thick (1/2 inch) on floured surface. Cut out with gingerbread boy cookie cutter (5 x 3 1/2 inch) that has been dipped in flour. With a pancake turner, carefully transfer gingerbread boys to cookie sheet. Press raisins, bits of candied cherries or gumdrops into the dough for decorations. Cookies may also be frosted with decorating icing when cool. Bake about 15 minutes, until no imprint remains when touched lightly with finger. Cool 2 minutes before carefully removing from cookie sheet; finish cooling on rack. Makes about 12 gingerbread boys.

### CASHEW BRITTLE

2 c. sugar  
1 c. light corn syrup  
1/2 c. hot water  
2 c. salted cashews  
2 tbsp. butter  
1/2 tsp. salt  
2 tsp. vanilla  
2 tsp. baking soda

Combine sugar, syrup and water in heavy pan. Boil to 230-240 degrees; add nuts. Cook until amber colored and continue cooking slowly to 300 degrees, stirring occasionally. Remove from heat and add butter, salt, vanilla and baking soda, stirring well. Pour immediately onto buttered cookie sheet. Cool and break into pieces.

### PECAN PRALINES

1 c. buttermilk  
2 c. sugar  
1 tsp. baking soda  
2 c. pecan halves  
1 tsp. vanilla  
1 tbsp. butter

Stir buttermilk, sugar, and baking soda together in large pan until the sugar is completely dissolved. Boil gently with constant stirring until mixture is in soft ball stage. Mixture will turn light brownish. When soft ball stage is reached (it will form a soft ball when a half-teaspoon or so of the syrup is dropped into a cup of cold water), remove the pot from the heat. Add pecan halves, butter, and vanilla. Beat mixture briskly until it becomes glossy and starts to thicken. Quickly spoon it onto greased waxed paper making little patties. Let the candy cool completely before removing it from the paper.

♥♥♥♥ **CAKES** ♥♥♥♥

Ice cream and cookies are great, but they don't take the cake.

**GERMAN CHOCOLATE CAKE**

- 4 oz. sweet chocolate squares
- 1/2 c. boiling water
- 1 c. butter
- 2 c. sugar
- 4 eggs, separated
- 1 tsp. vanilla
- 2 c. all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 c. buttermilk

Preheat oven to 350 degrees; lightly grease and flour three 9 inch layer pans. Melt chocolate in water; cool. Cream butter and sugar. Beat in egg yolks. Stir in vanilla and chocolate. Combine flour, baking soda and salt. Beat flour mixture and buttermilk alternately into liquids. Beat egg whites until stiff peaks form; fold into batter. Bake for 30 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pans; finish cooling on rack.

**MOCHA CAKE**

- 2 2/3 c. flour
- 2/3 c. cocoa
- 1 tsp. salt
- 2 tsp. baking soda
- 2 1/2 c. sugar
- 1 c. oil
- 2 c. coffee
- 2 eggs, beaten
- 2 tsp. vanilla

Preheat oven to 375 degrees; lightly grease and flour a 9 x 12 inch baking pan. Combine flour, cocoa, salt, baking soda and sugar. Combine oil, coffee, eggs and vanilla and blend well into dry mixture. Bake for about 1 hour, or until a cake tester inserted into center comes out clean. Cool on rack.

### **COCOA SATIN FROSTING**

1/4 c. butter or margarine  
1/4 c. cocoa  
1 1/2 c. powdered sugar  
3 tbsp. milk  
1/2 tsp. vanilla

Melt butter. Add cocoa, sugar, milk and vanilla. Beat until smooth and creamy, adding additional powdered sugar, if necessary for spreading consistency.

### **MOCHA FROSTING**

1/3 c. butter  
4 c. powdered sugar  
1/2 tsp. vanilla  
1/4 tsp. salt  
2 oz. baking chocolate  
1/3 c. strong coffee

Cream butter; add part of sugar. Add vanilla, salt and chocolate; mix well. Blend in remaining sugar alternately with coffee.

### **BUTTERMILK CAKE**

1 c. butter  
2 c. sugar  
3 c. cake flour  
1 tsp. baking soda  
1 tsp. cream of tartar  
1/2 tsp. salt  
1 c. buttermilk  
6 egg whites, beaten stiff

Preheat oven to 350 degrees; lightly grease and flour two 10 inch layer pans. Cream butter and sugar until fluffy. Combine dry ingredients and add to the creamed mixture alternately with buttermilk, mixing well after each addition. Then fold in beaten egg whites. Bake for 35 to 40 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pans; finish cooling on rack.

### **BUTTERCREAM FROSTING**

1 stick butter  
1 (1 lb.) box confectioners' sugar  
1/4 c. or more milk  
1 tsp. almond extract

Cream butter; add part of sugar. Add milk and extract; mix well. Blend in remaining sugar. Add more milk if too stiff.

### BOURBON CAKE

1 c. butter or margarine, softened  
 2 c. sugar  
 1 c. sour cream  
 1/4 c. bourbon  
 3 tbsp. instant coffee  
 3 eggs  
 1 tsp. vanilla  
 2 1/4 c. flour  
 1/2 tsp. salt  
 1/2 tsp. baking soda

Preheat oven to 325 degrees; lightly grease and flour a bundt pan. Cream butter or margarine with sugar until fluffy. Add sour cream. Dissolve coffee in whiskey and add. Beat in eggs, one at a time, and vanilla. Combine flour, salt and soda in a separate bowl. Blend the dry mixture into the liquids. Bake for 50 to 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pans; finish cooling on rack.

### FUDGE ICING

2 oz. unsweetened chocolate  
 2 tbsp. butter  
 1/2 tsp. vanilla  
 1 c. confectioners' sugar  
 1 egg, beaten

Melt chocolate and butter over low heat, stirring constantly. Remove from heat and stir in sugar, egg and vanilla.

### FRUITY CARROT CAKE

2 c. flour  
 1 c. sugar  
 2 tsp. baking soda  
 1 1/2 tsp. cinnamon  
 1/2 tsp. allspice  
 1 c. fruit cocktail, drained  
 1/4 c. oil  
 3 eggs, beaten  
 2 c. grated carrots (2 carrots)  
 1 c. chopped nuts

Preheat oven to 350 degrees; lightly grease and flour a 9 x 12 inch baking pan. Combine dry ingredients. Stir in fruit cocktail, coating each piece with flour mixture, followed by the carrots and nuts. Combine the oil and eggs and blend into the flour. Bake 40 to 45 minutes, or until a cake tester inserted into center comes out clean. Cool on rack.

### CREAM CHEESE FROSTING

1 lb. powdered sugar  
 8 oz. cream cheese  
 1/4 c. softened butter  
 2 tsp. vanilla  
 1/2 c. chopped nuts

Cream sugar, cream cheese, butter and vanilla, then stir in chopped nuts.

### CHOCOLATE MILK CAKE

1 c. sugar  
1/2 c. butter or margarine  
1/2 c. cocoa or instant chocolate  
1/4 c. very hot water  
1 c. milk  
1 tsp. vanilla  
1 egg  
1 3/4 c. flour  
1 tsp. cream of tartar  
1 tsp. baking soda

Preheat oven to 375 degrees; lightly grease and flour a 9 inch square baking pan. Cream the sugar and butter. Dissolve cocoa in water and add to sugar/butter mixture. Add the milk, egg and vanilla; mix well. Combine the dry ingredients and blend into the liquids. Bake 30 minutes, or until a cake tester inserted into center comes out clean. Cool on rack.

### LEMONY POUND CAKE

1 1/2 c. butter flavor shortening  
2 1/2 c. sugar  
4 eggs  
3 1/2 c. flour  
1/2 tsp. baking soda  
1 1/3 c. buttermilk  
2 tbsp. lemon extract

Lightly grease and flour a tube pan. Cream shortening and sugar. Add eggs and beat well. Combine flour and baking soda. Add flour mixture and buttermilk alternately to liquids. Add lemon extract and blend well. Pour into tube pan and place into cold oven. Bake at 325 degrees about 1 1/2 hours, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan onto rack. Glaze cake, if desired, while still hot using lemon glaze.

### FRESH LEMON GLAZE

1 c. powdered sugar  
2 tbsp. water  
Juice of 2 lemons

Bring to a boil while stirring constantly. Spoon very slowly over hot cake until it absorbs all it will. Spoon remaining into hole in cake.

### **COCOA CAKE**

3/4 c. butter  
1 3/4 c. sugar  
2 eggs  
1 tsp. vanilla  
2 c. flour  
1 1/4 tsp. baking soda  
3/4 c. cocoa  
1/2 tsp. salt  
1 1/3 c. water

Preheat oven to 350 degrees; lightly grease and flour two 9 x 12 inch baking pans. Cream butter and sugar until light and fluffy. Add eggs and vanilla and beat until smooth. Combine flour, baking soda, cocoa, and salt. Add alternately to creamed mixture with water. Bake for 35-40 minutes, or until a cake tester inserted into center comes out clean. Cool on rack.

### **BUTTER ALMOND CAKE**

1 c. butter  
2 eggs  
2 c. sugar  
1 tsp. vanilla extract  
1 1/2 tsp. almond extract  
3 c. flour  
1 tsp. baking soda  
1 tsp. salt  
2 c. buttermilk

Preheat oven to 350 degrees; lightly grease and flour a tube pan. Cream butter, eggs, sugar and extracts. Combine flour, baking soda and salt, and add to creamed mixture alternately with buttermilk. Blend well. Bake for 40 minutes, or until a cake tester inserted into center comes out clean. Cool on rack and frost with Almond Glaze.

### **ALMOND GLAZE**

2 tsp. melted butter  
1 tsp. almond extract  
2 c. confectioners' sugar  
1 tsp. milk (approximately)

Beat together all ingredients until smooth. Add more milk if necessary for proper consistency.

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**MILK CHOCOLATE CAKE**

1 1/2 c. sugar  
 1/2 c. shortening  
 2 eggs  
 1 tsp. vanilla  
 2 c. flour  
 1 tsp. baking soda  
 1/8 tsp. salt  
 1 c. milk soured with 1 tbsp. vinegar  
 2 squares chocolate, melted

Preheat oven to 350 degrees; lightly grease and flour two 10 inch layer pans. Cream sugar, shortening, eggs and vanilla. Combine flour, baking soda and salt. Add milk and flour blend alternately to creamed mixture. Blend in melted chocolate. Bake for about 30 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pans; finish cooling on rack.

**BLUEBERRY CRUMB CAKE**

1/4 lb. butter  
 1 c. sugar  
 2 eggs  
 2 c. flour  
 1 tsp. baking soda  
 1 c. sour cream  
 1 pt. blueberries

**TOPPING:**

1 c. sugar  
 1/3 c. flour  
 1/2 tsp. cinnamon  
 1/4 c. soft butter

Preheat oven to 350 degrees; lightly grease and flour an angel food cake pan. Cream the butter and sugar. Add eggs. Combine flour and baking soda and add alternately with sour cream to the creamed mixture until batter is creamy and smooth. Gently fold in blueberries. Pour batter into pan and sprinkle with topping. Topping: Blend the sugar, flour and cinnamon, and then cut in the butter until mixture is coarse crumbs. Bake for 50 minutes. Cool on rack.

**NIX KUCHA (Crumb Cake)**

1 1/2 c. brown sugar  
 2 1/2 c. flour  
 1/2 c. butter flavor shortening  
 1 c. sour milk or buttermilk  
 1 tsp. baking soda  
 1/2 tsp. salt  
 1 egg, beaten

Preheat oven to 350 degrees; lightly grease and flour a 9 inch square pan. Work shortening, sugar and flour until crumbly pie dough consistency. Remove 1/2 cup of these crumbs and set aside for topping. To the remaining mixture add the combined milk, egg, baking soda and salt. Mix well. Pour into baking pan and add crumbs to the top. Bake about 35 minutes or until golden brown. Cool on rack

**COFFEE CAKE**

1 1/4 c. sifted flour  
 1/4 tsp. salt  
 1/2 tsp. baking soda  
 1 tsp. cream of tartar  
 4 tbsp. butter  
 1 c. sugar  
 1 egg  
 1/2 c. milk  
 1/3 c. brown sugar  
 2 tbsp. cinnamon

Preheat oven to 350 degrees; lightly grease and flour a 8 inch square pan. Sift together the flour, salt, baking soda, and cream of tartar. Cream the butter, gradually adding the sugar. Beat until fluffy, then add the egg. Add the flour mixture, alternating with the milk. Pour into the prepared pan and sprinkle with the brown sugar and cinnamon, or ice after baking. Bake for 30 minutes, or until a cake tester inserted into center comes out clean. Serve warm.

**COFFEE CAKE ICING**

1/4 lb. butter  
 2 1/2 tbsp. cocoa  
 6 tbsp. milk  
 1 lb. box powdered sugar  
 1 tsp. vanilla

Melt butter, cocoa and milk over low heat, do not boil. Stir in powdered sugar, vanilla and nuts. While icing is hot, pour over cake.

**SOUR CREAM COFFEE CAKE**

1/2 c. butter, softened  
 1 c. sugar  
 2 eggs  
 1 tsp. vanilla  
 2 c. flour  
 1 tsp. baking soda  
 1/8 tsp. salt  
 1 c. sour cream  
 1 c. nuts, chopped  
 1/4 c. sugar  
 1 tsp. cinnamon

Preheat oven to 350 degrees; lightly grease and flour a tube pan. Cream butter and sugar until light and fluffy. Add eggs, one at a time, mixing well after each addition. Blend in vanilla. Add combined flour, baking soda and salt alternately with sour cream, mixing well after each addition. Blend nuts, sugar and cinnamon. Pour half of batter into prepared pan. Sprinkle with half of topping. Repeat layers. Bake for 45 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pans; finish cooling on rack.

**CINNAMON RAISIN COFFEE CAKE**

1/2 c. butter  
 1 1/2 c. flour  
 1 tsp. baking soda  
 2/3 c. sugar  
 2 eggs  
 1 c. plain yogurt  
 1 tsp. vanilla  
 1/2 c. raisins

**TOPPING:**

1/2 c. chopped walnuts  
 1/3 c. brown sugar, packed  
 2 tsp. ground cinnamon

Preheat oven to 350 degrees; lightly grease and flour a 9 inch square pan. Melt butter in a saucepan. Let cool slightly. Add sugar and eggs to butter, whisking well. Whisk in yogurt and vanilla. Stir in raisins. Combine flour and baking soda. Add liquids to flour mixture and blend. Mix nuts, sugar and cinnamon. Pour half of batter into prepared pan. Sprinkle with half of topping. Repeat layers. Swirl through with a knife to create a marbled effect. Bake for 35 to 45 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pans; finish cooling on rack.

### GERMAN CRUNCH COFFEE CAKE

1 c. butter flavor shortening  
1 c. brown sugar  
1 c. white sugar  
2 c. sifted flour  
1 tsp. cinnamon  
1 c. buttermilk  
2 eggs  
1 tsp. baking soda  
1/2 tsp. salt  
1 tsp. vanilla  
1/2 tsp. cinnamon (for topping)  
1 c. chopped walnuts (for topping)

Preheat oven to 350 degrees; lightly grease and flour a 9 x 12 inch baking pan. Cream sugars and shortening. Blend in flour and cinnamon. Take out 1/2 cup of this mixture to be used later as a topping. Combine remaining ingredients and then add to flour mixture. Pour into prepared pan. Combine cinnamon and nuts with the 1/2 cup reserved topping mixture and sprinkle over top. Bake for 45 minutes, or until a cake tester inserted into center comes out clean. Cool on rack.

### APPLE COFFEE CAKE

2 c. unsifted flour  
1 1/2 c. sugar  
2 tsp. cinnamon  
2 tsp. baking soda  
1 tsp. salt  
1/2 c. oil  
2 eggs, beaten  
1/4 c. strong brewed coffee  
1 1/2 tsp. vanilla  
2 1/2 c. peeled apples, coarsely chopped  
1 c. chopped nuts

Preheat oven to 350 degrees; lightly grease and flour a Bundt pan. Combine dry ingredients. In a separate bowl combine the oil, eggs, coffee and vanilla. Blend liquids into dry mixture. Fold in apples and nuts. Bake for 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pans; finish cooling on rack. Serve sprinkled with powdered sugar if desired.

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### **RHUBARB COFFEE CAKE**

1 1/2 c. packed brown sugar  
1/2 c. butter flavor shortening  
1 egg  
2 c. flour  
1 tsp. baking soda  
1/2 tsp. salt  
1 c. sour cream  
1 1/2 c. chopped rhubarb

#### **TOPPING:**

1/4 c. sugar  
1/4 c. packed brown sugar  
1/2 c. chopped walnuts  
1 tbsp. margarine  
1 tsp. cinnamon

Preheat oven to 350 degrees; lightly grease and flour a 9 x 12 inch baking pan. Cream sugar and shortening; add egg. Combine flour, baking soda and salt. Add alternately with the sour cream to the creamed mixture. Fold in rhubarb. Combine all topping ingredients and sprinkle over batter. Bake for 45 to 50 minutes, or until a cake tester inserted into center comes out clean. Cool on rack.

### **CHOCOLATE CHEESECAKETTES**

1 1/2 c. flour  
1/4 c. cocoa  
1 c. sugar  
1 tsp. baking soda  
1 c. water  
1/3 c. cooking oil  
1 tsp. vanilla extract  
1 tbsp. vinegar

#### **FILLING:**

1 (8 oz.) pkg. cream cheese, softened  
1 egg  
1 (6 oz.) pkg. chocolate chips  
1/3 c. sugar  
1/4 tsp salt

Preheat oven to 350 degrees. Line 24 cupcake cups. Combine dry ingredients. In a separate bowl combine wet ingredients. Mix liquids into dry mixture until well blended and smooth. Filling: Cream the cream cheese, egg, sugar and salt together. Fold in the chocolate chips. Fill cupcake liners half full of batter. Place 1 tablespoon of filling onto the center of each. Bake about 15 to 20 minutes. Cool 15 minutes before removing from pans; finish cooling on rack.

### CHOCONUT PECAN ROLL

3 eggs  
 1 c. sugar  
 1 tsp. vanilla  
 2/3 c. flour  
 1/3 c. unsweetened cocoa  
 1/4 tsp. salt  
 1/4 tsp. baking soda  
 1/3 c. water

#### FILLING:

1/4 c. butter, melted  
 1 c. chopped pecans  
 1 1/3 c. flaked coconut  
 1 can sweetened condensed milk

Preheat oven to 375 degrees. Line a 10 x 15 inch jelly roll pan with foil; grease foil generously. Beat well and gradually add sugar and vanilla while continuing beating. Combine flour, cocoa, salt and baking soda. Add alternately with the water to the egg mixture. Blend for 1 minute at low speed. Filling: Combine melted butter and milk; stir in nuts and coconut. Distribute filling over bottom of pan. Pour batter evenly over filling. Bake 20 to 25 minutes until cake springs back when touched in center. Sprinkle cake with powdered sugar and cover with a clean linen towel. Invert and remove pan and foil. Starting with long side, roll up like jelly roll. Cool on rack 15 minutes covered with towel. Remove towel and finish cooling. Sprinkle with powdered sugar serve with whipped cream or vanilla ice cream.

### PUMPKIN CREAM ROLL

3/4 c. flour  
 1 tsp. baking soda  
 1/2 tsp. salt  
 2 tsp. cinnamon  
 3 eggs  
 2/3 c. pumpkin  
 1 c. sugar  
 2 drops lemon juice  
 1 c. chopped nuts

#### FILLING:

8 oz. cream cheese  
 4 tbsp. butter, softened  
 1 c. powdered sugar  
 1 tsp. vanilla

Preheat oven to 350 degrees; lightly grease and flour a cookie sheet. Combine flour, baking soda, salt and cinnamon. Beat eggs for 5 minutes, then add pumpkin, sugar, and lemon juice. Fold in flour mixture. Spread on cookie sheet and sprinkle with nuts. Bake 15 to 20 minutes. Cover with slightly dampened linen towel and invert; carefully remove cookie sheet. Starting from narrow end, immediately roll cake and towel together jelly roll fashion. Let stand 1 to 2 minutes. Unroll and remove towel; reroll cake. Cool completely on rack. Filling: cream the cream cheese, butter, sugar and vanilla until smooth. Unroll cooled cake and spread with filling. Then re-roll and slice.

### CHRISTMAS LOG

3 eggs, separated  
1 c. sugar, in parts  
1/2 c. flour  
1/3 c. cocoa  
1/2 tsp. baking soda  
1/4 tsp. salt  
1/3 c. water  
1 tsp. vanilla extract  
2 c. whipped cream  
3 c. drained strawberries, sliced  
whipped cream  
whole strawberries

Preheat oven to 375 degrees. Line a 10 x 15 inch jelly roll pan with foil; grease foil generously. Beat egg yolks about 3 minutes on high speed. Gradually add 1/2 cup sugar and vanilla and continue beating for 2 minutes. In a separate bowl, combine flour, cocoa, 1/3 cup sugar, baking soda, and salt. Add alternately with water to egg yolk mixture, stirring just until batter is smooth. Beat egg whites until foamy; add 1 tablespoon sugar and beat until peaks form.

Carefully fold beaten egg whites into batter. Spread evenly into prepared pan. Bake 15 to 18 minutes or until top of cake springs back when touched lightly with finger. Cover with slightly dampened linen towel and invert; carefully remove foil. Starting from narrow end, immediately roll cake and towel together jelly roll fashion. Let stand 1 to 2 minutes. Unroll and remove

towel; reroll cake. Cool completely on rack. Unroll cooled cake and spread with blend of whipped cream and strawberries. Then re-roll, top with whipped cream, dot with small whole strawberries and slice.

♥♥♥♥ **PANCAKES** ♥♥♥♥

P-a-n-c-a-k-e-s spells breakfast. General cooking directions: Use a lightly greased griddle or skillet and moderate heat. Use a quarter cup measure to pour batter for each pancake. Cook until bubbles form on top and edges look cooked, then flip and cook until lightly browned.

**FAT TUESDAY PANCAKES**

2 c. flour  
2 tsp. baking soda  
2 tsp. sugar  
1/2 tsp. salt  
2 eggs, lightly beaten  
3 tbsp. butter or margarine, melted  
2 c. buttermilk  
powdered sugar

Combine dry ingredients. Combine eggs, butter, and buttermilk; beat well. Stir briefly into dry mixture (lumps are okay). Sprinkle with powdered sugar before serving.

**SOUFFLED PANCAKES**

1/2 c. flour  
1/4 c. sugar  
1 tsp. baking soda  
1 tsp. salt  
6 lg. eggs at room temperature, separated  
1 c. sour cream

Combine dry ingredients. Separate eggs. Add egg yolks and sour cream to dry mixture and blend well. Beat egg whites until stiff and fold into flour mixture.

**SILVER DOLLAR PANCAKES**

2 c. sour cream, room temp.  
4 eggs, room temp.  
5 tbsp. cake flour  
3 tbsp. sugar  
1 tsp. baking soda  
1/2 tsp. salt  
Butter or vegetable oil

Mix sour cream, eggs, flour, sugar, baking soda and salt in blender or food processor until smooth. Transfer batter to bowl. Cover and chill several hours or overnight before spooning onto griddle in dollar size rounds.

**BLUEBERRY FLAPJACKS**

1 c. flour  
1/2 tsp. salt  
1 tsp. baking soda  
1 c. buttermilk  
2 eggs, slightly beaten  
4 tbsp. melted butter  
1 c. blueberries rolled in flour  
2/3 c. rolled oats

Combine dry ingredients. Blend buttermilk, eggs and butter; add to flour mixture, beating until smooth. Fold in the blueberries.

### AMISH PUMPKIN PANCAKES

1 c. flour  
1/4 tsp. baking soda  
2 tbsp. sugar  
1/4 tsp. cinnamon  
1/8 tsp. ginger  
1/8 tsp. nutmeg  
1 egg well-beaten  
1 1/4 c. milk  
2 tbsp. melted shortening  
1/2 c. canned pumpkin

Combine dry ingredients. Blend egg, shortening, pumpkin and milk; add to flour mixture, beating until smooth.

### CORNMEAL PANCAKES

1 1/2 c. yellow cornmeal  
1/4 c. whole wheat flour  
1 tsp. baking soda  
1 tsp. salt  
1 tbsp. brown sugar  
2 c. buttermilk  
2 tbsp. melted butter  
1 egg yolk  
1 egg white, stiffly beaten

Combine dry ingredients. Blend buttermilk, butter, and egg yolk; add to flour mixture, beating until smooth. Fold in stiffly beaten egg white. Let sit while so batter can thicken a bit before cooking

### BUCKWHEAT PANCAKES

1 egg  
1 1/4 c. buttermilk  
3 tbsp. butter or margarine, melted  
1/2 c. flour  
1/3 c. buckwheat flour  
3/4 tsp. baking soda  
1/4 tsp. salt

Blend egg, buttermilk and butter. Combine dry ingredients and stir into liquids.

### NEW ENGLAND APPLESAUCE PANCAKES

1 1/2 c. unbleached flour  
1/2 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. baking soda  
1 tbsp. sugar  
1 egg, beaten  
1 c. yogurt  
3 tbsp. butter or margarine  
1 c. applesauce

Combine dry ingredients. Blend the egg, yogurt, butter and applesauce; stir into dry mixture.

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### **EASY OATMEAL PANCAKES**

1 c. quick cooking oatmeal  
2 c. buttermilk  
1 c. flour  
1 tsp. sugar  
1 tsp. baking soda  
1 tsp. salt  
2 egg yolks  
2 egg whites, stiffly beaten

Combine oatmeal and buttermilk. Beat in flour, sugar, soda, salt and egg yolks. Fold in stiffly beaten egg whites.

### **SUPERLIGHT PANCAKES**

2 c. flour  
2 tsp. baking soda  
1/8 tsp. salt  
2 egg yolks  
2 c. buttermilk  
2 egg whites, stiffly beaten

Combine dry ingredients. Beat egg yolk with a fork; add buttermilk to egg yolk and beat again. Stir liquids into dry mixture. Fold in stiffly beaten egg whites.

### **BLUEBERRY CORNCAKES**

1 1/2 c. yellow cornmeal  
1/4 c. whole wheat flour  
1 tsp. baking soda  
1/2 tsp. salt  
2 tbsp. maple syrup  
2 tbsp. oil  
2 c. low-fat buttermilk  
1 egg, lightly beaten  
1 1/2 c. fresh blueberries

Combine dry ingredients. Blend the syrup, oil, buttermilk and egg; stir well and quickly mix into the dry ingredients. Let stand for 10 minutes to soften the cornmeal. After pouring batter on griddle, sprinkle the tops with blueberries and cook as usual

### **SPECIAL SOUR CREAM PANCAKES**

2 eggs  
1/2 c. cottage cheese  
3/4 c. sour cream  
3/4 c. flour  
1/2 tsp. baking soda  
3/4 tsp. salt

Combine dry ingredients. Blend the eggs, cottage cheese and sour cream; stir into dry mixture. Batter will be lumpy. Let stand 5 minutes before cooking.

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### **OATMEAL PANCAKES**

1 egg, beaten  
2 tbsp. vegetable oil  
1 c. buttermilk  
1/2 c. whole wheat flour  
1/2 c. flour  
1/2 tsp. baking soda  
1/2 tsp. salt  
1/3 c. packed brown sugar  
1/2 c. plus 2 tbsp. quick-cooking oats

Combine egg, oil and buttermilk.  
Combine flours, baking soda, salt and sugar; add to egg mixture. Stir in oats.

### **CHOCOLATE CHIP PANCAKES**

1 1/2 c. flour  
1 tsp. baking soda  
1/2 tsp. salt  
1/4 c. sugar  
1/2 c. cocoa  
2 eggs, lightly beaten  
1 c. milk  
1/4 c. butter, melted  
1/2 c. chocolate morsels

Combine dry ingredients. Combine eggs and milk; add dry mixture, stirring just until dry ingredients are moistened. Add melted butter and chocolate morsels, stirring just until combined.

### **ORANGE WHEATCAKES**

2 eggs, room temp.  
1 tsp. vanilla  
1/2 tsp. almond extract  
1 1/2 c. orange juice  
1/4 c. vegetable oil  
2 c. whole wheat flour  
1/2 tsp. baking soda  
1/2 tsp. salt

Beat eggs with vanilla and almond extract; mix in orange juice and oil. Combine flour, baking soda and salt. Add liquids to dry mixture, stirring just enough to mix.

### **COMPANY PANCAKES**

2 c. buttermilk  
3/4 c. old-fashioned or quick oats  
1/2 c. whole wheat flour  
1/3 c. flour  
1 tsp. baking soda  
1 tsp. ground cinnamon  
1/4 tsp. salt  
1 lg. egg  
3 tbsp. brown sugar  
2 tbsp. vegetable oil  
1 tsp. vanilla extract

Stir together buttermilk and ; cover and refrigerate at least 1 hour or overnight. Combine flours, baking soda, cinnamon, and salt. Beat eggs, brown sugar, oil and vanilla into oats mixture. Stir in flour mixture just until blended.

### **BANANA OATBRAN PANCAKES**

1 c. oat bran  
1 c. flour  
2 tsp. baking soda  
1 tbsp. sugar  
1/2 c. very ripe banana  
2 tsp. vanilla  
1 1/2 c. yogurt  
4 egg whites, stiffly beaten  
2 tbsp. margarine, melted  
warm syrup  
1/2 c. chopped pecans  
Combine dry ingredients. Stir in banana and vanilla. Add yogurt. Beat 1/3 of egg whites into batter. Fold in remaining egg whites with spatula. Fold in melted butter. Serve with pecans and warmed syrup.

### **EASY YOGURT PANCAKES**

3 eggs, beaten  
2 c. yogurt  
1/4 c. oil  
1/2 c. wheat germ  
1/2 c. cornmeal  
1 c. flour  
1 tsp. baking soda  
1/4 tsp. salt  
Combine eggs, yogurt and oil. Combine dry ingredients and stir into liquids

### **QUICK MOLASSES PANCAKES**

1 c. whole wheat flour  
1/4 c. bran  
1 tsp. baking soda  
1 1/2 - 1 3/4 c. buttermilk  
1 tbsp. molasses  
2 egg whites, stiffly beaten

Combine dry ingredients. Stir in buttermilk and molasses; fold in egg whites

### **ORANGE SYRUP**

1/2 c. sugar  
1/4 c. orange juice concentrate  
1/4 c. butter or margarine  
1/4 c. light corn syrup

Mix together all ingredients and bring to a boil.

### **CINNAMON CREAM SYRUP**

1 c. sugar  
1/2 c. light corn syrup  
1/4 c. water  
1/2 to 3/4 tsp. cinnamon  
1/2 c. evaporated milk

In a small saucepan, combine sugar, corn syrup, water, and cinnamon. Bring to boiling over medium heat, stirring constantly. Cook and stir 2 minutes more. Remove from heat and cool 5 minutes before stirring in evaporated milk.

**APPLE TOPPING**

2 c. unsweetened applesauce  
1 1/2 tbsp. brown sugar  
1/4 tsp. apple pie spice  
1/4 tsp. maple flavoring

Combine all ingredients in a small saucepan. Cook until hot and bubbly, stirring occasionally.

**FRUIT TOPPING**

1 (8 3/4 oz.) can sliced peaches, drained  
1/4 c. syrup from peaches  
1/2 c. apricot preserves  
1 tsp. lemon juice  
1/4 tsp. vanilla  
16 maraschino cherry halves  
2 sm. bananas, cut into 1/4 inch slices

Mix peaches, reserved peach juice, apricot preserves, lemon juice, vanilla, and cherries in 2 quart saucepan. Heat to boiling, stirring occasionally; reduce heat. Stir in bananas gently; heat until hot.

♥♥♥♥ **WAFFLES** ♥♥♥♥

Pancakes are breakfast. Waffles are a breakfast treat.

**CINNAMON ORANGE WAFFLES**

- 2 c. whole wheat flour
- 2 tsp. baking soda
- 1/2 tsp. cinnamon
- 4 egg whites
- 1 c. orange juice
- 1 c. buttermilk or yogurt
- 2 tbsp. soy oil

Preheat waffle iron. Combine dry ingredients. In a separate bowl, combine the orange juice, buttermilk and oil. Add this to the dry ingredients and stir until smooth. Beat egg whites until stiff and fold in. Bake to a golden brown. Serve waffles with orange marmalade.

**WHOLE WHEAT WAFFLES**

- 2 c. whole wheat flour
- 1/2 c. wheat germ
- 1 tbs. baking soda
- 4 tbsp. Puritan oil
- 3 c. buttermilk
- 4 egg whites, beaten

Preheat waffle iron. Combine dry ingredients. Stir oil and milk into dry ingredients. Beat egg whites until stiff and fold in. Stir until smooth. Bake to a golden brown

**STRAWBERRY SHORTWAFFLES**

- 2 eggs
- 2 c. buttermilk
- 2 c. flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/4 c. + 2 tbsp. shortening
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- strawberries (for topping)
- whipped cream (for topping)

Preheat waffle iron. Beat eggs well and then beat in remaining ingredients in order. Mix until smooth. Bake to a golden brown. Top with strawberries and whipped cream.

**GINGERBREAD WAFFLES**

- 2 1/4 c. flour
- 2 tsp. ginger, ground
- 1 1/4 tsp. baking soda
- 1 egg, separated
- 1 c. light molasses
- 1/2 c. skim milk
- 1/3 c. margarine, melted

Preheat waffle iron. Combine dry ingredients. Beat egg yolk and add molasses, milk, melted margarine. Add to dry mixture and mix well. Beat egg whites until stiff and fold in. Bake to a golden brown.

### PECAN WAFFLES

2 c. sifted all purpose flour  
1 tsp. baking soda  
1 tbsp. sugar  
1/2 tsp. salt  
2 eggs, separated  
1/4 c. vinegar  
1 3/4 c. sweet milk  
1/3 c. melted shortening  
3/4 c. chopped pecans

Preheat waffle iron. Combine dry ingredients. Beat egg yolks, vinegar, and milk. Add dry ingredients, melted shortening and pecans. Stir until batter is smooth. Beat egg whites until stiff and fold in. Bake to a golden brown.

### HOT COCOA WAFFLES

1/4 c. butter or margarine, melted  
1 tbsp. oil  
1/2 c. cocoa  
3/4 c. sugar  
2 eggs  
1 tsp. vanilla  
1 c. flour  
1/2 tsp. baking soda  
1/2 tsp. salt  
1/2 c. buttermilk

Preheat waffle iron. Blend melted butter, cocoa, oil and sugar. Add eggs and vanilla. Combine flour, baking soda and salt; add alternately with buttermilk to cocoa mixture. Bake to a golden brown.

### EASY BUTTERMILK WAFFLES

2 c. flour  
1 tsp. salt  
1/2 tsp. baking soda  
2 1/4 c. buttermilk  
1/2 c. melted butter or margarine  
2 eggs, separated

Preheat waffle iron. Combine dry ingredients. Add buttermilk, melted butter and egg yolks. Beat egg whites until stiff and fold in. Bake to a golden brown.

### DEFINITELY DESSERT WAFFLES

1/2 c. butter  
2 sq. baking chocolate  
3/4 c. sugar  
1 tsp. vanilla  
2 eggs  
1 1/2 c. flour  
1/2 tsp. baking soda  
1 tsp. cream of tartar  
1/2 c. buttermilk  
1 c. chopped nuts

Preheat waffle iron. Melt butter and baking chocolate together in double boiler. Add the sugar and beat well. Stir in the vanilla. Add the eggs, beat well after each. Combine the flour, baking soda and cream of tartar and add alternately with the buttermilk to the chocolate mixture. Add the nuts and blend well. Bake to a golden brown. Serve topped with ice cream.

♥♥♥♥ **DINNER FARE** ♥♥♥♥

I bet you've never seen some of these baking soda recipes before.

**FANCY MEAT PIE**

1/2 c. oil  
4 sm. onions, cut small  
1 tsp. salt  
1 tsp. pepper  
1 tsp. paprika  
2 lbs. beef ground chuck  
1/4 c. butter, melted  
1 pkg. filo sheets

**TOPPING**

4 eggs, beaten  
1/2 tsp. baking soda  
1/2 c. oil  
1/2 c. yogurt (plain)  
1/2 c. club soda

In a frying pan put 1/2 cup of oil and fry cut onions about 10 minutes. Stir in the salt, paprika and pepper. Add the meat and cook until browned. Heat oven to 375 degrees. Brush bottom of roasting pan with melted butter. Place 4 filo sheet into roasting pan, each brushed sparingly with melted butter. Alternate layers of meat mixture and filo sheets. Top with two or three lightly buttered filo sheets and cut into 6 squares. Blend all topping ingredients and pour over pie. Let it set for 10 to 15 minutes then bake for 15 to 20 minutes or until golden brown.

**SAUSAGE STUFFING BALLS**

1 pkg. (7-8 oz.) seasoned stuffing  
3/4 c. hot water  
1 lb. fresh pork sausage  
1/2 c. chopped onions  
1/2 c. chopped celery  
1 beaten egg  
1/2 tsp. baking soda

Preheat oven to 325 degrees. Combine stuffing with hot water. Break sausage into small pieces and add to moistened stuffing. Stir in onions, celery, egg and baking soda until blended. Shape into balls using 1/4 cup mixture each. Place on baking sheet. Cover with foil tightly. Bake for 15 minutes. Remove foil. Increase oven temperature to 350 degrees. Bake 25 minutes or until sausage is done.

### **BEEF STIR-FRY**

1/4 tsp. baking soda  
2 tsp. water  
1/2 lb. beef, sliced  
1 lb. string beans, cut to 2 inch lengths  
1/2 tsp. salt  
1 tsp. wine  
2 tsp. soy sauce  
peanut oil

#### **MARINADE:**

1 tsp. cornstarch  
1 tsp. soy sauce  
1/2 tsp. wine  
1/2 tsp. sugar  
1/2 tsp. salt

Dissolve the baking soda in the water and stir this into the beef. Add the marinade, then stir in 1 teaspoon peanut oil. Marinate the beef for one hour or more in the refrigerator. Parboil string beans for about 6 minutes, then drain. Heat 1 tablespoon peanut oil over high heat in skillet or wok, add 1/2 teaspoon salt, then add string beans. Stir until well covered with oil. Remove to a platter. Stir-fry beef in 1 tablespoon peanut oil over high heat just until barely done. Sizzle in wine and soy sauce. Spread beef over green beans. Serve hot.

### **FALAFEL**

1 c. raw chick peas or garbanzo beans  
1 c. raw fava beans, shelled  
1/2 c. onions, chopped  
1/4 c. chopped parsley  
3 cloves garlic, pressed  
2 eggs  
1 tbsp. fresh cilantro  
2 tsp. cumin powder  
1/4 tsp. black pepper  
1/4 tsp. red pepper  
1/8 tsp. cinnamon  
1/8 tsp. cloves  
salt to taste  
1 tsp. baking soda  
Oil for deep frying

Soak the beans in water for about 24 hours. Drain and rinse, then puree in a food processor or blender. Transfer to a mixing bowl and stir in remaining ingredients. Heat about 2 inches of oil in a deep saucepan or Wok. Shape the falafel mixture into flat rounds, about 1 1/2 inches in diameter. Drop them in hot oil. Do not crowd. Brown on both sides. If they are browning too quickly, reduce heat. Serve with tahini.

### CHICKEN NUGGETS

1 lb. chicken breast  
oil for frying  
1/3 c. all-purpose flour  
1/4 tsp. salt  
1/4 tsp. baking soda  
1/3 c. water  
1 1/2 tsp. vinegar

Remove skin and bones from chicken. Cut into 1 x 1/2-inch pieces. Heat 2-3 inches of oil in deep fryer or Dutch oven to 360 degrees. Combine flour, salt and baking soda. Stir water and vinegar into dry mixture. Beat until smooth. Dip chicken in batter. Fry 4 or 5 pieces at a time, turning once, until golden, about 4 minutes.

### FINGER STEAKS

1 1/2 lb. steak  
1 c. flour  
1 tsp. salt  
1 tsp. garlic powder  
1 tsp. baking soda  
1 c. milk

Cut meat into strips. Add to blend of remaining ingredients and let stand 2 hours before frying in hot oil.

### CHUCKWAGON BREAD

1 1/2 lbs. ground chuck  
1 onion, chopped  
1 c. cornmeal  
1/2 c. flour  
1/2 tsp. baking soda  
1 tsp. salt  
1 c. buttermilk  
2 eggs  
1/2 c. oil  
1 small can blackeyed peas  
1 (4 oz.) can green chilies  
1 small can cream style corn  
1 lb. grated cheddar cheese

Brown the ground chuck with the chopped onion. Preheat oven to 350 degrees; grease a 9 x 13 inch baking pan. Combine cornmeal, flour, baking soda and salt. Beat buttermilk, eggs and oil; blend into dry mixture. Stir in peas, chilies, corn, browned ground meat with onion and all the grated cheese, except a small amount for the top. Pour into prepared pan and sprinkle the top with reserved cheese. Bake for 55 minutes. Serve hot with picante sauce for a complete meal

### **CHEESE SPREAD**

2 lbs. large curd cottage cheese  
1 tsp. baking soda  
1 stick margarine  
1/2 c. cream  
1/3 c. grated Parmesan cheese  
salt to taste  
caraway seeds (optional)

Drain cottage cheese in strainer overnight. Place drained curds in a bowl and stir in baking soda. Set aside at least 3 hours. The curds will bubble and become somewhat translucent. In a large saucepan, melt margarine over low heat. Add curds and continue to stir. When partially melted, add 1/2 cup cream, dry grated Parmesan cheese, and salt to taste. Cook slowly until melted. Add caraway seeds if desired. Pour in bowl to cool. Delicious spread on fresh baked bread.

### **HUSH PUPPIES I**

2 1/4 c. yellow cornmeal  
1 tsp. salt  
2 tbsp. finely chopped onion  
3/4 tsp. baking soda  
1 1/2 c. buttermilk

Heat oil for frying. Combine dry ingredients. Stir in buttermilk. Drop by spoonfuls into hot oil. Fry until brown, about 2 minutes.

### **HUSH PUPPIES II**

1 c. cornmeal  
2 tbs. flour  
1/4 tsp. baking soda  
1/4 tsp. salt  
1 beaten egg  
3/4 c. buttermilk  
3 tbsp. finely chopped onion  
1/2 c. sugar

Combine dry ingredients. Stir together the egg, buttermilk, and onion. Stir the liquid ingredients into the cornmeal mixture just until the dry ingredients are moistened. In a 10-inch skillet add cup of cooking oil. Drop the batter by scant tablespoonfuls into the hot oil and fry until golden, 2 to 3 minutes, turning once. Drain thoroughly on paper toweling.

### **TEMPURA BATTER**

3/4 c. flour  
1/4 c. cornstarch  
1/2 tsp. baking soda  
1 (7 oz.) can beer  
1 egg

Combine dry ingredients; stir in beer and egg and beat until smooth. Good for shrimp, fish fillets, finger steaks or raw vegetables. Coat and deep fry.

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**CANTONESE BATTER**

1/3 c. flour  
1 tbs. cornstarch  
1/3 tsp. baking soda  
1/3 c. water  
1 egg white  
1 tbsp. oil

Combine dry ingredients. Combine water, oil and egg white; stir into dry mixture. Dip fish, shrimp, mushrooms in batter and deep fry.

**TUNA BALLS**

2 1/2 c. flour  
1/2 tsp. baking soda  
1 tsp. salt  
1/8 tsp. pepper  
1 tbs. meat tenderizer  
1 small onion, chopped  
1 (6 1/2 oz.) can tuna  
1 can water  
1 egg

Combine dry ingredients. Stir in onion and tuna. Combine water and egg and add. Mix well. Drop by rounded teaspoon into hot oil. Deep fry until golden brown.

**CRISPY FRIED SHRIMP**

1 lb. fresh or frozen shrimp  
1 egg, slightly beaten  
1 tbs. cornstarch  
1 tsp. dry white wine  
1/2 tsp. soy sauce  
1/4 tsp. salt

**BATTER:**

1/2 c. flour  
1/2 c. water  
3 tbsp. cornstarch  
1 tbsp. oil  
1/2 tsp. baking soda  
1/2 tsp. salt

Remove shells from shrimp. Slit shrimp lengthwise down back almost in half. Combine egg, 1 tablespoon cornstarch, wine, soy sauce and salt; stir in shrimp. Cover and refrigerate 10 minutes. Heat vegetable oil (1 1/2 inches) in wok to 375 degrees. Mix batter of flour, water, cornstarch, oil, baking soda and salt. Stir shrimp into batter until well coated. Fry 5 to 6 shrimp at a time until golden brown, turning occasionally, 2 to 3 minutes.

### BEANS & SAUSAGE

2 lbs. white pea beans  
1 tbsp. baking soda  
1 lg. onion  
salt to taste  
pepper to taste  
2 lbs. sausage meat  
sugar

Clean beans. Cover with water in a pan, add the baking soda; stir, and soak overnight. Rinse and boil in plain water for 15 minutes. Drain and transfer to a large roasting pan. Cover the beans with water and add sliced onion, salt, pepper, and chunks of sausage. Sprinkle sugar on top. Bake at 375 degrees for 3 hours.

### GRAHAM BREAD

1 c. flour  
1/2 c. cornmeal  
2 c. graham flour  
1/2 c. sugar  
1 tsp. baking soda  
1 tsp. salt  
1 pt. buttermilk  
1/2 c. molasses

Preheat oven to 350 degrees; grease a 9 x 5 inch loaf pan. Combine dry ingredients. Blend buttermilk and molasses and stir into dry ingredients. Bake for 90 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack. Good with baked beans.

### ONION SHORTCAKE

1 lg. onion, thinly sliced  
2 tbsp. butter or margarine  
2 c. flour  
1 tsp. Baking soda  
1 1/4 tsp. cream of tartar  
1/2 tsp. salt  
1/2 tsp. dried thyme leaves  
4 tbsp. butter or margarine  
1 c. buttermilk  
1/8 tsp. black pepper  
1/2 c. sour cream  
1 egg, beaten  
1/8 tsp. salt

Preheat oven to 400 degrees; lightly grease 9 inch square pan. Sauté onions in 2 tablespoons butter until golden and soft. Combine the flour, baking powder, baking soda, salt and thyme. Cut in 4 tablespoons butter until mixture resembles coarse meal. Quickly add buttermilk. Stir with a fork until just blended. Spread into prepared pan. Spread sautéed onions over batter. Sprinkle with pepper. Mix the sour cream with egg and salt. Drizzle and spread over the onions. Bake for 35 minutes until golden browned. Serve hot.

### CORNMEAL CRACKLES

1 c. cornmeal  
1 c. flour  
3/4 tsp. salt  
1/4 tsp. baking soda  
1/2 c. milk  
3 tbsp. oil  
1/4 tsp. Worcestershire sauce  
1/8 tsp. bottled hot pepper sauce  
salt

Preheat oven to 350 degrees; lightly grease 2 baking sheets. Combine cornmeal, flour, salt and baking soda. Combine milk, oil, Worcestershire sauce and hot pepper sauce; add to the dry mixture. Stir until dough forms a ball. Knead on lightly floured surface 5 minutes. Divide dough in half; place on baking sheets. Roll each half to a 12" square. Sprinkle with salt. Cut into 1" squares or triangles. Bake for 15 minutes, or until golden brown. Edges will be more brown than center. Cool 2 minutes before removing from sheets; finish cooling on rack.

### CHEDDAR CRISPS

1 3/4 c. flour  
1/2 c. corn meal  
1/2 tsp. baking soda  
1/2 tsp. sugar  
1/2 tsp. salt  
1/2 c. butter or margarine (1 stick)  
1 1/2 c. extra sharp shredded cheddar  
2 tbsp. white vinegar  
1/2 cup cold water  
coarsely ground black pepper

Preheat oven to 375 degrees; lightly grease large cookie sheet. Combine flour, corn meal, baking soda, sugar, and salt. Cut in butter or margarine until mixture resembles coarse crumbs. With fork, stir in shredded cheese, vinegar and water just until mixture forms a soft dough. Shape into a ball; wrap with plastic wrap and refrigerate 1 hour or until dough is firm enough to handle. On lightly floured surface, with floured rolling pin, roll 1/4 of dough into a paper-thin round about 12 inches in diameter. Keep remaining dough refrigerated. Cut round into 8 wedges. Place wedges on cookie sheet. Sprinkle with coarsely ground black pepper. Firmly press pepper into dough. Bake about 10 minutes or until browned and crisp. Remove to wire racks to cool. Repeat with remaining dough.

### **EASY BROWN BREAD**

1 c. flour  
2 c. whole wheat flour  
1/2 tsp. salt  
1 tsp. baking soda  
1/2 c. sugar  
1/2 c. molasses  
1 1/2 c. milk  
3/4 c. raisins

Preheat oven to 375 degrees; grease a 9 x 5 inch loaf pan. Combine dry ingredients. Blend molasses and milk and stir into dry ingredients. Fold in raisins. Bake for 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **ROASTED SOY BEANS**

1 c. soy beans  
4 c. water  
2 tsp. baking soda  
salt to taste

Rinse soy beans then soak in 4 cups water with baking soda added. Refrigerate overnight. Boil 1 hour in same water. Drain well and let dry. Spread in shallow pan and roast at 350 degrees for 30 minutes (or deep fry until brown). Sprinkle lightly with salt.

### **PORK & BEANS BREAD**

1 c. raisins  
1 c. boiling water  
3 eggs  
1 c. oil  
2 c. sugar  
1 tsp. vanilla  
1 (16 oz.) can pork & beans  
3 c. flour  
1 tsp. cinnamon  
1/2 tsp. salt  
1 tsp. baking soda  
1 c. chopped pecans or other nuts

Preheat oven to 325 degrees; grease a 9 x 5 inch loaf pan. Combine raisins and boiling water; set aside. Beat together eggs, oil, sugar and vanilla; mix in beans until they are somewhat broken. Combine flour, cinnamon, salt and baking soda; add to egg mixture along with raisin/water mixture and pecans; mix well. Bake for 60 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan; finish cooling on rack.

### **SIMPLE SALMON LOAF**

1 (15 oz.) can salmon, drained  
3 tbsp. melted margarine  
3 eggs, well beaten  
6 saltine crackers, finely crumbled  
3/4 c. buttermilk  
1/2 tsp. baking soda

Preheat oven to 350 degrees; grease a 9 x 5 inch loaf pan. Shred the salmon with a fork. Add margarine and eggs. Mix until blended. Stir in crackers. Mix the buttermilk and baking soda. Stir into the salmon mixture until blended. Bake for 30 minutes or until set.

### **CORN BREAD DELUXE**

3/4 c. cornmeal  
1 c. flour  
1/3 c. sugar  
1 tsp. baking soda  
2 tsp. cream of tartar  
3/4 tsp. salt  
1 c. sour cream  
1 egg, well beaten  
2 tbsp. vegetable oil

Preheat oven to 425 degrees; grease a 9 inch square baking pan. Combine dry ingredients. Stir in sour cream, egg and oil; mix well (batter will be thick). Bake 20 minutes or until golden brown. Cool slightly before cutting into squares.

### **POTATO PANCAKES**

2 c. finely grated raw potatoes  
1/4 c. grated onion  
2 eggs beaten  
salt to taste  
pepper to taste  
1 tbsp. baking soda  
1 tsp. butter, melted  
2 tbsp. vegetable oil

Combine potatoes and onions. Squeeze out all liquid. Add eggs, salt, pepper and baking soda; mix well. Let mixture sit 5 minutes. Heat butter and oil together in skillet. Loosely form batter into thick pancake shape by hand and put in skillet. Flatten with back of spatula. Fry on both sides until golden brown. Serve hot.

### **BACON CHEESE BISCUITS**

2 c. flour  
1 tbsp. sugar  
1/3 c. shortening  
1 c. buttermilk  
1 tsp. baking soda  
3/4 lb. sliced bacon, cooked and crumbled  
1 c. shredded cheddar cheese

Preheat oven to 425 degrees; lightly grease cookie sheet. Combine flour and sugar; cut in shortening until the mixture resembles coarse meal. Combine buttermilk and baking soda; stir until soda dissolves. Add buttermilk mixture, bacon and cheese to flour mixture, stirring until dry ingredients are moistened. Turn dough out on a lightly floured surface and knead lightly 4 or 5 times. Roll dough to 1/2 inch and cut with floured biscuit cutter. Bake for 10 to 12 minutes. Makes about 1 1/2 dozen.

### **CHEESE CORN BREAD**

1 tbsp. vinegar  
1 c. minus 1 tbs. milk  
1 c. flour  
1 c. cornmeal  
1/2 tsp. baking soda  
1/2 tsp. salt  
1/4 tsp. ground red pepper  
1/2 c. shredded cheddar cheese  
2 egg whites  
1 egg  
1/4 c. vegetable oil

Preheat oven to 375 degrees; lightly grease and flour a 9 x 5 inch loaf pan. Put vinegar in 1-cup glass measure; add milk and stir. Combine flour, cornmeal, baking soda, salt and red pepper; stir in cheese. Beat briefly egg whites, egg and vegetable oil. Add soured milk. Pour liquids into dry ingredients; stir just to moisten. Bake for 30 minutes, or until a cake tester inserted into center comes out clean. Cool 15 minutes before removing from pan. Serve hot.